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Talking to kids  
about AIDS

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THE NEW JOURNAL OF CIVILIZATION

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National  
News

by Robert N. Taylor

Black corporate pioneers  
honored in Washington

At a Business Policy Review Council program in the nation's capital, corporate executives of Fortune 500 companies from across the U.S. came together to pay tribute to early pioneers such as retired Greyhound Corporation Senior Vice President, Joseph "Joe" Black, and nine others. Black was a renowned baseball player who pitched for the Negro Baseball League and was the first African American to win a World Series game, with the Brooklyn Dodgers, before he began his career with Greyhound. Also honored was Dorothy James Orr who in 1975 was the first black woman appointed as a corporate officer for the Equitable Life Assurance Society. Orr established the first Equitable office of Social Responsibility and served as chief liaison between The Equitable and Historically Black Colleges. Other honorees included: Lee Archer (Kraft General Foods), Frederick H. Black (General Electric), Henry M. Brown (Anheuser-Busch, Inc.), Levi Jackson (Ford Motor Company), Harvey Russell (PepsiCo Inc.), Thomas Shropshire (Miller Brewing Company), James "Bud" Ward (Marriott Corporation) and Abraham "Abe" Venerable (General Motors Corporation). Venerable was Executive Director of Urban Affairs for GM and is widely known for having dedicated himself to improving the position of minorities in all facets of GM's operations.

—WASHINGTON, DC

John Hope Franklin: 'history  
will not be kind  
to African Americans'

John Hope Franklin, America's pre-eminent African-American historian says that race relations have moved backwards and blacks' current behavior does not give him optimism for the future. The 80-year-old icon told the *Charlotte Post*, in a Black history month interview, that young African Americans have lost a thirst for knowledge. "Once you (young blacks) beat yourself against a brick wall for such a long time, you lose faith," Franklin told the *Post*. Franklin says the problems African Americans are experiencing today lie deep in the ethos of America. "They are rooted in slavery. We've come 300 years and not done the right thing yet," Franklin said. "As a nation we endorse violence. It's a shame that the underground economy (drugs and gangs) are the ones who seem to prosper." Franklin said unfortunately the underground economy is what some youth see as a means of becoming prosperous. "They should look at the big

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by Natalie Bernard  
edited by Sherry Burris

The Board of Governors publicly confirmed their earlier decision to accept the apology Dr. Francis Lawrence at a meeting held last Friday (2/10) at Rutgers-Newark. After a closed session, Chairman of the Board of Governors Carleton Holstrom announced the unanimous decision to have Dr. Lawrence maintain his position as Rutgers University president because of his "lasting, standing leadership in the active recruitment, admission, and graduation of minority students."

Hundreds of students traveled from New Brunswick and Camden in bus loads to join their Newark counterparts to speak at the meeting and protest to further demand the resignation of the president.

"Do we set standards in the future so that we do not admit anybody with the national test. Or do we deal with a disadvantaged population that does not have that genetic hereditary background to have a higher average," said Lawrence at a faculty meeting in Camden on November 11.

His statements sparked controversy throughout the nation, interrupted the regularly scheduled board meeting, putting pressure on the board to hear the voices of the students and others who were both in favor and opposed to Lawrence's presidency at Rutgers.

"Let me say once more for the record that those three wounding nationally publicized words were a verbal mistake. Those words are a complete distortion of my thoughts. I

mispoke in a way that was emotionally hurtful to people who do not know me and who took the words to be either an intentional slur or a Freudian slip revealing subconscious racism. But people who know me agree with Freud himself that sometimes a mistake is just a mistake," said Lawrence addressing the board and audience.

Students inside the meeting were repeatedly asked by Holstrom, who mediated the open forum, to sit down and told that they would be dismissed if further outbursts occurred by the board to hear their opinions.

Fredricka Bey from the Ida B. Wells Anti-Lynching Campaign stepped to the microphone but because she was not on the guest list the operators turned off her mic, leaving students down stairs unable to hear her remarks.

"I have a daughter at Douglass College and I pay taxes in Essex County and East Orange," shouted Bey as students chanted "Let her speak."

She stated that the headline in the *Star-Ledger*, concerning the sit-in at the New Brunswick basketball game, which read, "Rutgers Protest Halts Key Basketball Game," should have read "Rutgers University Students Protest Racist President."

Rutgers-Newark student Willis Shalmar shouted at the start of the discussion, "We demand our self worth and you are treating us like second class citizens. You (Lawrence) will not shake my hand when I get my degree. We want you to resign. The students outside want to be heard. That's where the jury is."

After Holstrom informed the students that he would not tolerate outbursts and would clear the room if the speakers list was not followed, Rutgers-Newark student Darrell Scarborough stood up in his seat and shouted "You can clear the room but you cannot clear the racism."

James Allrich, president of the Black Organization of Students and representative

of the Pan-African Students United, read a letter to the audience. "We feel that the Board of Governors decision to accept Dr. Lawrence's apology reflects the ideology of the university. Therefore, while we support those who are in favor of Lawrence's resignation, our main concern is the implementation of the long-term programs which will benefit the Rutgers community and the community-at-large."

Newark Councilman and Chairman of the Black Issues Convention (BIC) Donald Tucker said his organization was concerned with the racist implementation of Lawrence's statements and demanded his apology. "Those

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Open letter from Black Issues Convention  
to Board of GovernorsBIC accepts apology,  
gives list of demands

As an organization composed of a vast array of predominantly black statewide organizations, NJ Black Issues Convention, Inc. is uniquely qualified to address the concerns of New Jersey's more than one million African-American citizens.

The remarks of Rutgers president Francis Lawrence have evoked an intensely emotional response throughout communities across the state as well as the country, negatively impacting upon our ability to attract students of color to Rutgers. Throughout the tortured history of race relations in the United States starting from slavery up to the present, various groups in our society have propagated the lie of genetic inferiority to substantiate institutional racism.

While the NJ BIC board of directors accepts this apology, we can not dismiss the issue of its totality. This in order to assess Dr.

Lawrence's sincerity as well as the integrity of the institution which he represents, he, the Board of Governors and the Board of Trustees will be evaluated and held accountable by NJ BIC on behalf of New Jersey citizens of color for past performances regarding fairness to students, faculty and administrators of color in the university and the following areas:

—The number of students, faculty and administrators of color who are recruited to the University.

—The attrition rate and quality of support programs in existence as well as those proposed.

—The quality of resources both financial and academic which are provided to African Studies, African American Studies, Latino

(Continued on page 6)

East Orange goes after  
illegal conversions

EAST ORANGE—The City of East Orange has launched a major city-wide two-year initiative named Project S.O.S. (Safe or Sorry) aimed at preventing the spread of illegal conversion of homes into expanding the home inspection program for fire detectors.

According to East Orange Mayor Cardell Cooper, "Project S.O.S. was designed to augment our existing programs to safe property and ultimately, to save lives. The tragedy of what happened in Orange and Irvington is a reminder to us that we all must ensure that a tragedy like this does not happen again, in East Orange or any community, and by developing a program like PROJECT S.O.S., we reduce the likelihood of repeating history."

The project includes two major components. The first is the inspection of property in targeted areas for illegal conversions.

According to Property Maintenance Director Ronald Balahundia, properties are inspected on a regular basis in East Orange.

"However, we have expanded the program and added other initiatives to try to get citizens throughout the city to understand the dangers associated with illegally converting houses to accommodate additional people.

"The East Orange Department of Property Maintenance has set a one-year goal, to inspect 90 to 100 percent of every dwelling in the city and homeowners will be given ample time to comply if they are in violation of the city's codes."

The second component of Project S.O.S. is Fire Prevention. The East Orange Fire Department will expand its current program to inspect properties for proper installation and use of smoke detectors.

"A large part of safety in the home is fire prevention. The Fire Department has programs in place that stress safety in the home and at work," stated Fire Chief Elliott Peterkin.

City officials also noted that there has been an increase in the number of one, two and three family homes that have been converted to accommodate more people than legally allowed.

The mayor added, "by developing this program, we are hoping to be proactive in providing a safe, secure and healthy environment for all city residents. City officials are reaching out to community organizations and other groups to distribute brochures and to talk about issues surrounding safety in the home."



Mayor Cardell Cooper reports on the SOS program while Fire Chief, Eliot Peterkin (l), Ronald Balahundia (3rd from r) and other city officials look on. Photo: Glenn Pearson

Tenant coalitions urges  
rejection of vouchers

NEWARK—Across the state of New Jersey a coalition of tenant organizations and tenant advocates, which includes the HUD Tenants' Coalition of Newark, the New Jersey Tenants Preservation Project and the New Jersey Affordable Housing Network, spoke out in reaction to President Clinton's budget message. The response was part of National Save Our Homes Day called by the National Alliance of HUD Tenants (NAHT).

At similar events in over 25 cities in 13 states across the country, tenants of federally-assisted housing were joined by affordable housing advocates to denounce President Clinton's plan to dismantle the nations federal housing assistance programs.

"This is not going to increase choice, it's going to destroy the stability of our communities. New Jersey's representatives in Washington must reject this plan," said Bill Good, a Newark tenant, and board member of the National Alliance of HUD Tenants.

The Clinton administration has proposed that existing subsidy programs for nearly 3 million units of project-based Section 8 and

public housing should be phased out. Under the plan these subsidies would be replaced with rent vouchers for individual tenants who then could decide to stay or to move.

In New Jersey hundreds of thousands of low-income family members, senior citizens and people with disabilities living in nearly 100,000 apartments in 766 projects across the state will be affected by the President's proposal.

According to the coalition's position, parent vouchers are on average 20 percent more expensive per unit than Project Based Section 8 and Public Housing.

"This is a thinly veiled effort to make it easier to cut funding further in the future," said Frank Hutchins of the HUD Tenants' Coalition of Newark. "Once tenants are scattered and subsidies are 'block granted' it will be harder for communities to defend themselves. The plan will destroy the stability of communities throughout New Jersey."

Because the administration is proposing to cut, rather than increase HUD funding, state tenant leaders insist that vouchers will

mean displacement of at least 208 of Public Housing and Project Based Section 8 tenants—over 500,000 people across the country.

Under the Clinton plan, current tenants of public and subsidized housing are not guaranteed a voucher. Instead the voucher system replacing Section 8 and public housing subsidies will be consolidated into a block grant to the states—at lower funding levels. States will decide which tenants currently receiving subsidies will get vouchers.

Contrary to public perception, which assumes that only large public housing projects in cities like Newark and Camden will be effected by the Clinton plan, nearly half of the effected properties are privately owned complexes found in every county in the state.

"This affects all of us. The President's plan is a formula for catastrophe. Some of the most stable affordable housing in the state may be lost forever if these ill-considered reforms go through," explained Diane Steiner of the New Jersey Affordable Housing Network.

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## Community Calendar

### TUESDAY THRU SUNDAYS

ROSELLE—Ice Skating in Wanahech Park. Also family sessions are available. For more info call 908-298-7850.

### EVERY MONDAY

NEWARK—Open auditions for singers, rappers, comedians etc. for Sybil's Talent Hunt at Boys' and Girls' Club of Newark at 5 p.m. For more info call 201-371-0594.

### MONTH OF FEBRUARY

EDISON—Middlesex County College presents an exhibit of photographs entitled Ethiopia: Motherland at the College Gallery Center from 9 a.m. to 5 p.m. (a reception for the artist on Feb. 2 from 7 to 9 p.m.) For more info call 908-906-2566.

MONTECLAIR—"Exploring Undefined Boundaries" exhibit at the Montclair State University Art Gallery. For gallery info call 201-655-5113.

Saturdays February 4 thru March 4  
CRANFORD—Payment workshop will be offered at Union County College from 11 a.m. to 1 p.m. For more info call 908-769-7800.

WEDNESDAY, FEBRUARY 15  
NEWARK—Roundtable discussion, "Photographing Africa: Ranges of Focus at the Newark Museum at 6 p.m. For more info call 201-596-6611.

WAYNE—Learn about the graduate experience at William Paterson College from 4:30 to 8 p.m. For more info call 201-595-2237.

MOUNTAINVIEW—First Organization Meeting of the American Heart Association at the Children's Specialized Hospital.

Send Community Calendar events to City News,  
P.O. Box 1774 Plainfield, NJ 07061

Work out with  
a friend for a week

NEWARK—Newark YMCA members are encouraged to invite a friend to enjoy the health and fitness options during "Bring a Friend Week" February 13-19.

Programs Director Charles Wittingham says, "we're really proud of the many improvements that have been implemented during the past year and we think it's a good time to offer our members the opportunity to share the facilities with a friend. We've had a very successful year and our staff thought it was appropriate to thank our members for their part in helping us bring exciting programming and wider recreational and fitness options to the community."

tal, auditorium a at 7 p.m. For more info call 908-298-3254.

JERSEY CITY—"Sexual Harassment: What Is It, Does it Concern You?" lecture at Jersey City State College's Women Center at noon. For more info call 201-200-3169.

FEBRUARY 15 & 16  
JERSEY CITY—Town and Gown recital at Jersey City State College at 3 p.m. in Ingalls Recital Hall of Rosary Building. For more info call 201-200-3151.

FEBRUARY 15 & 22  
NEWARK—Volunteer Income Tax Assistance program in the Newark Public Library from 5 p.m. to 7 p.m. For more info call 201-755-7793.

THURSDAY, FEBRUARY 16  
WAYNE—Jazz pianist Norrene Smith will perform in the mid-day artist series at William Paterson College at 12:30 p.m. For more info call 201-595-2371.

IRVINGTON—The State of the Community Forum at Irvington High School at 7 p.m. For more info call 201-441-4219.

JERSEY CITY—Karen DeAngelis, of JCSC Women's Center, will lecture on "How To Finance Your College or Graduate Education" at Jersey City State College's Women's Center at 2 p.m. For more info call 201-20-3189.

WAYNE—Futurist painter Joseph Stella to speak at William Paterson College's Art at Lunch lecture at 11:30 a.m. For more info call 201-595-2371.

NEW YORK—Jazz on Film: The American Orchestra at Lincoln Center at 7 and 9 p.m. For more info call 212-721-6500.

Send Community Calendar events to City News,

P.O. Box 1774 Plainfield, NJ 07061

Meeting  
scheduled for  
housing authority  
board of  
commissioners

PLAINFIELD—Plainfield Housing Authority Chairman Charles F. Booker has called a special meeting of the board of commissioners of the Housing Authority for Wednesday, February 15, at 5:30 p.m., in the community room of Richmond Towers, located at 510 East Front Street.

The purpose of this meeting is to review fencing at Richmond Towers.

## Rosa Parks honored for historic back seat stance

GREENSBORO, NC—Civil rights legend Rosa Parks refused to take a back seat to anyone 40 years ago, and at age 81 remains at the forefront of the movement today. In recognition of Black History Month, and of her outstanding lifetime achievement in the civil rights arena, Rosa Parks has been unanimously selected as the No nonsense American Woman of the Month for February by the No nonsense Council on Women's Issues.

The Council voted to present Mrs. Parks with the "Bio" Award as recognition for being an inspirational role model for women and men alike, and for exhibiting the "can do" spirit of the American woman. The "Bio" is awarded each month to persons whose confident belief in the talent and power of women has created an enlightened environment benefiting both womankind and mankind. With the award comes a \$5,000 donation which will be donated to the Rosa and Raymond Parks Institute for Self-Development.

In accepting the "Bio," Parks said,



Rosa Parks

"I would like to thank the Council for selecting me for this honor. The donation will benefit the Rosa and Raymond Parks Institute for Self-Development's 'Pathways to Freedom' program, which is focused on tracing the underground railroad into the civil rights movement and beyond."



washers and 20 dryers. Mr. Brown has offered free laundry detergent to consumers for a limited time and plans to offer free drying on Tuesdays and Wednesdays.

NEWARK—Newark Central Ward Councilman George Branch (2nd from r) cuts the ribbon celebrating the recent grand opening of Bill's Laundromat at 625 Springfield Avenue (corner of 15th Street). Joining the Councilman are the Laundromat's proprietor, Bill Brown, (2nd from l) looking on are Harold Lucas (l) executive director of the Newark Housing Authority, and Marshall Cooper (l) director of Newark's Department of Neighborhood Services. The new Laundromat has 24

## DID YOU KNOW?

by Robert N. Taylor

... that new research is confirming the view of ancient Chinese philosophers that properly balancing opposites may be one of the most important things in life. The latest study to hit the medical pages is a study which suggest that both too much and too little anger are bad for us while having proper or balanced anger is good. University of Michigan School of Public Health expert Mara Julius says the study shows "the way a person handles anger is the only variable that reliably predicts how often they get sick."

... that a new book involving over 50 years of research concludes that Africa was the birthplace of the human race and that all people are technically of African ancestry. According to the "History and Geography of Human Genes," even European whites are a hybrid with 65 percent Asian and 35 percent African genes.

... that organization expert Denice Schofield says the best ways to keep your home uncluttered include: (1)—Set a specific days and time for house cleaning; (2)—Discard anything (except for important legal documents) which you have not used in the past six months; (3)—Tackle one task at a time. Do not try to do too much at once.

... that the breast cancer rate among black women is increasing while that for white women is decreasing. The report from the National Cancer Institute found that breast cancer deaths among white women had fallen by 5.5 percent from 1989 to 1992 while the number of black women dying of breast cancer increased by 2.6 percent during the same period.

... that according to "Men's Health" magazine, two of the best ways to keep your brain functioning at its best are to learn a foreign language and run on a regular basis. Both activities appear to stimulate the brain into functioning at its best.

... that this week's favorite quote comes from venerable comedian George Burns speaking on the need for motivation. "You have got to have a reason to get out of bed."



Newark Mayor Sharpe James presents a proclamation to renowned author, psychologist, educator and lecturer, Dr. Alvin Poussaint, during the annual, "Sing In Praise of King!" celebration at Newark's Bethany Baptist Church. The theme of this year's "Sing In Praise of King!" memorial was a "Salute to Youth." The ceremony also featured performances by the Newark Youth Choir.

# Your mother



Didn't raise you to be a drunk.

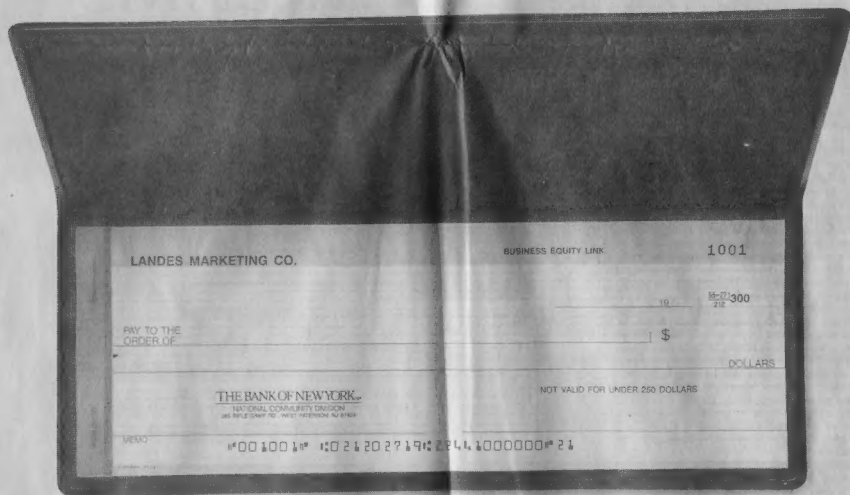
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VIBE

BOX

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# OPINION EDITORIAL

## We stand by our beliefs

Since last week's editorial, *City News* has received letters and phone calls both supporting and opposing the editorial comments made. Again, *City News* stands by its position that Dr. Francis Lawrence should not resign based on this one incident. We wholeheartedly support the Board of Governors' vote.

Just for the record, we support the right of students to protest. However, just as the demonstrators of the sixties, students must be willing to accept the consequences of their actions. Protest is not a game. It will be for serious actions and the results may not be what we expect.

We believe that the Black Issues Convention and the United Black Clergy have offered suggestions where this situation can actually shed needed light on a number of issues that should be addressed by the administration, like black faculty tenure and black student retention. Now, Dr. Lawrence and the Board have more of an incentive to do something about the quality of black student life on Rutgers' campuses.

We believe that we should not only support the students but we should guide them to use a broader vision in solving problems.

### Letters to the editor

### How do educators view our students?

Dear Editor,

After listening to the tape of the speech given by Dr. Francis Lawrence, President of Rutgers University, that espouses the genetic intellectual inferiority of African Americans, I am appalled and disgusted to know that the president of our state university who serves as Chairman of New Jersey's Board of College Presidents said such egregious, racist and demeaning statements about the African-American community.

Utilizing the most unfounded prejudicial reasoning to justify these assertions, Lawrence's vicious, ugly and scathing assessment of the intellectual ability of African Americans have many of our citizens asking a very pressing question and that is "Is this the official philosophy that is being promoted by our state universities and colleges as it relates to the abilities of African Americans, or is there an unspoken covenant that promotes this philosophy in our higher education system?"

At a time when Governor Whitman is working very hard to bring New Jersey together through her "New Jersey: Many Faces One Family" project and a major urban agenda designed to revitalize our cities in areas ranging from economics, to the quality of life; here we have the president of our state university publicly dividing New Jerseyans with statements and innuendo that are counter-productive to our Governors' philosophy and goals.

African Americans who attend or plan to attend our state universities and colleges should be assured that there is no covenant designed to relegate their status from "a student who has chosen a New Jersey state university or state college to further his or her education" to any status that stereotypes African-American students based on race.

It is imperative that the Rutgers University Board of Governors not only evaluate the insensitivity and negative impact of Dr. Lawrence's speech, but also investigate as to whether his statements may lead to other problem areas relative to how African-American students are perceived by those who administer higher education in New Jersey.

Assemblyman Tom Smith

## We need to take action now

Dear editor,

This letter is sent on behalf of the New Jersey State Council of Urban Leagues which include affiliates in Hudson, Essex, Morris, Mercer, Middlesex, Bergen and Union Counties. We are the oldest Social Service agencies providing service to the African-American community not only in the State of New Jersey, but indeed across the country.

We have deliberately waited to send this letter in response to the furor created by the remarks of Rutgers' President Dr. Francis Lawrence. Our delay was planned to allow all of the pertinent issues to be aired and to see if the University's system would put the issue to rest quickly. It has not and instead it continued to escalate. Our position is one of disenchantment, dismay and disappointment in the statement and its implications. Since the first slave came to this country, the institution of slavery was justified by the "inferior" category assigned to the slave. This situation was further promoted through the theory of heredity and genetics and Dr. Lawrence has raised a sad issue from the not-yet-dead annals of racism.

At this time in history, after the long fought civil rights movement and at the beginning of the celebration of African-American History month, Dr. Lawrence's comments epitomize the tenets of institutional racism. He has succeeded, in short fashion, in setting us back in time. To say he did not mean what he said is probably true if it is close to his innermost feelings, to which most of us do not want many people to witness. Without thinking that there was a "genetic flaw" in African Americans, how or why would one say it?

Dr. Lawrence's statement also brings into the picture, the value of expectations. "If" there is a lack of confidence in the ability of a group, then performance expectations of that group will be limited. A university President carries a tremendous influence on the policies and practices of that system. In the reports, we have yet to see the response of the thirty (30) faculty members who heard the statement. Did they take issue or did it just substantiate their own thinking? Who are they and where will they fit in the resolution of this issue? These are even more serious concerns.

It is unclear to us how this can be resolved with Dr. Lawrence continuing in his position. He has an extremely high profile in the academic community and his ability to continue operating at his level is questionable and highly

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by Connie Woodruff

The trials of Newark Councilman-at-large Gary Harris and former Councilman Ralph L. Grant is currently commanding the attention of associates, relatives, friends and the just plain curious who make the daily trek to the Martin Luther King Jr. federal building in downtown Newark.

Not since the trial of former mayor Hugh J. Addonizio have proceedings against local city officials drawn so much attention. The trial will probably be an eight week ordeal for the popular defendants and the supporters who adamantly believe they are innocent of all charges.

Councilman Harris' sisters and other relatives lead the daily cheering

squad in his behalf. And for those who have wondered why Dr. Gwendolyn Goldsby Grant is not at her husband's side, it is reliably reported she is fulfilling a contract for a 28-city tour to promote her recently published book, but is in daily contact with Rev. Grant.

It will be interesting to know who will serve on an advisory group the Newark-North Jersey Committee of Black Churchmen is putting together to address issues "relating to the poor, underprivileged and the disenfranchised."

Notably, nothing has been mentioned about education that is deplorable in Newark and other parts of the state for children in urban school districts.

In an interview, to which we were

not privy, Dr. Edward Verner, the long time head of Newark-North Jersey Black Churchmen identified the Rev. Perry Simmons and Rev. Willie Simmons as members of an advisory panel of clergymen from north, central and southern New Jersey scheduled to meet with Gov. Whitman to discuss their concerns.

This may be an indication of what the advisory panel membership may look like. Rev. Perry Simmons is a staunch supporter of Gov. Whitman while Rev. Willie Simmons is a legislative aide to Sen. Wynona Lipman.

To further confuse the issue and to raise doubt about the real agenda of the panel, Verner said the advisory group will rely upon the advice of a large group of consultants, including professionals in areas such as law,

health and social services.

I agree with Dr. Verner that the black church has power and influence. And for that reason it should be able to stand on its own two feet to fight for people in the church and the community, unless, of course the various clergy groups around the state have lost the will to stand up and be counted.

Verner also says he expects the group may take positions that are not popular with the state's political leadership but will make an effort to avoid being "antagonistic."

Two areas will get special attention from the group: the impact of the Governor's budget on the poor and the state's position on welfare reform.

The Newark-North Jersey Churchmen membership is comprised of various denominations but because St. James AME Church has always hosted the weekly meetings and because Dr. Verner, a Newark physician and an associate minister at St. James, is its president, the group is closely identified with that particular church.

Indeed, many movers and shakers in political and professional circles are members of St. James and it may be difficult to attack the woman or man who prays next to you Sunday mornings. To wit: Eugene Campbell, superintendent of Newark schools, Carol Graves, president, Newark Teachers Union and George Branch, Newark Central Ward councilman are St. James' parishioners. For the past several years, St. James has been raising money to begin building an alternative school on adjacent church

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## Public Broadcasting under fire

by Cephas Bowles

If you're anything like me, you look for things that add to your quality of life—a concert performance, a stimulating lecture, a visit to a museum or a program on public broadcasting. Recent events in Washington, D.C. suggest that our quality of life is about to suffer and I am worried.

The new congressional leadership has begun hearings to determine if they will eliminate federal support to the Corporation for Public Broadcasting (CPB). They mistakenly contend that public broadcasting, along with the National Endowment for the Arts (NEA) and National Endowment for the Humanities (NEH), is the play

toy of the "cultural elite" and liberal establishment.

The elimination of funding to the CPB will have disastrous consequences for public television and radio stations nationwide including the Newark-based New Jersey Network and WJGO-FM, both of whom are recipients of federal funds.

Established in 1967 by President Lyndon Johnson, the CPB distributed general operating grants to 1,000 public radio and television stations nationwide. CPB received \$285 million—or \$109 per person—from the federal government in 1995. Twenty-five percent of this amount—or 29 cents of every dollar—is designated for public radio with the balance used to fund public television.

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# YOUTH/EDUCATION/SUCCESS

## Kids Kalendar

### EVERY MONDAY

**NEWARK**—Open auditions for singers, rappers, comedians etc. for Sybex's Talent Hunt at Boys' and Girls' Club of Newark at 5 p.m. For more info call 201-971-6594.

### MONTH OF FEBRUARY

**CRANFORD**—Young people ages 7-12 will be able to enjoy intensive training in basketball and tennis through "Saturday Sports Spectacular" clinics from 9:00 to 10:00 a.m. for basketball and 10:15 to 11:15 for tennis. For more info, call 908-709-7600.

**NEW YORK**—Sesame Street Live at the Paramount (Madison Square Garden). For ticket information and times call 212-465-MSGI.

**NEW YORK**—The Children's Museum of Arts will sponsor a host of special exhibits for children of all ages, including sing-alongs every Thursday and interactive theater every Friday. For more info call 212-941-9198.

**NEW YORK**—There are weekend workshops for children ages 6-10 starting every hour between 12 and 3 p.m. at the Children's Museum of the Arts. For more info call 212-941-9198.

### FEBRUARY 17-23

**MOUNTAINVIEW**—Programs during school vacation days for children of all ages at the Trailside Nature & Science Center. For more info call 908-789-3670.

### SATURDAY, FEBRUARY 18

**TRENTON**—Learn traditional African songs and dances at the New Jersey State Museum at 10 and 11:30 a.m. For more info call 609-292-7660.

**TRENTON**—African-American storytelling at the New Jersey State Museum at 10 and 11:30 a.m. For more info call 609-292-7660.

**TRENTON**—Black Inventors Then and Now program will be at the New Jersey State Museum at 10 and 11:30 a.m. For more info call 609-292-7660.

### FEBRUARY 16, 19, 25, 26

**SOUTH AMBOY**—Aladdin will be performed at Club Bena at 2 p.m. For more info call 908-727-3000.

Send Kids Kalendar events to P.O. Box 1774 Plainfield, NJ 07061

## Newark graduate gives back

**NEWARK**—Richie P. Ramos, a former Newark student and entrepreneur who attended Branch Brook School, recently spoke to students in grades 2-8. The activity took place at the Branch Brook School, 228 Ridge Street, Newark.

Ms. Barbara Ervin, principal of Branch Brook School, said, "Mr. Ramos is a motivational speaker who overcame serious odds. He is a fighter who puts a goal in mind and goes after it with all his heart. Ms. Ervin added, "Mr. Ramos wants to give something back to Branch Brook School by encouraging students that they can become successful and not to give up."

Richie P. Ramos was born June 17, 1974, to native Brazilian parents. His bout with Cerebral Palsy caused him to go through countless hours of physical therapy. Although doctors told his mother, Dinair O. Ramos, that her son would never take a step and that she could put him in a wheel-chair for life,



Richie P. Ramos

Richie surprised his family when he began to walk at age four.

Richie, the businessman, started selling records and baseball cards at age seven years old. Richie received an invitation to do runway modeling at age eleven. When he turned seventeen, he sang, promoted shows and assisted with publicity for various internationally acclaimed artists.

Now, at the age of twenty, Richie is the sole owner of Richie Ramos Productions, co-owner of Guardian Shield Security, and plans to open an internationally recognized independent record label. Mr. Ramos' current goal is to produce an album.

Mr. Ramos said, "I just wish people today could find a little compassion in their hearts to help a fellow human being in whatever way possible." Mr. Ramos loves to help others and has founded a nonprofit organization, Artists United for children of the World, whose goal is to help children around the world.

## Morehouse College hosts prospective college students

**ATLANTA**—An all-male group of high school juniors and seniors will spend four days in April eating, sleeping and breathing "like students of Morehouse College, the historically black institution noted for producing outstanding leaders, including a Nobel Peace Prize laureate, the late Rev. Dr. Martin Luther King Jr.

Each year the College hosts a four-day Prospective Student Seminar (PSS), which drew 250 students from across the country in 1994. Since PSS's establishment in 1986, approximately 90 percent of the students who participate in PSS enrolled at Morehouse.

The Seminar is unique compared to its counterparts at other colleges, according to Sterling Hudson, co-founder of PSS and dean of freshmen at Morehouse, because of the degree of interaction the participants enjoy with the Morehouse student body,

faculty and staff. Although participants are housed in an Atlanta hotel, they are transported every day to the Morehouse campus for lectures, informative sessions on college policies and history, and cultural and social activities.

The 1995 Prospective Student Seminar, slated for Apr. 5-9, will be headquartered at the Sheraton Colony Square Hotel in midtown Atlanta. Acceptance to the seminar is on a first-come, first-served basis. Deadline for applications is March 3. Applications and additional information may be obtained by calling 1-800-851-1254, or writing the Morehouse College Office of Admissions, P.O. Box 1088, Atlanta, Georgia 30314.

Morehouse College is the nation's only historically African American private, four-year liberal arts college for men. It has been listed as one of the 10 best regional liberal arts col-

leges in the South (U.S. News and World Report, 1993 Annual Guide to America's Best Colleges).

## Plainfield student wins anti-drug poster contest



PLAINFIELD—Lauren Porter, a fifth grader at the Cedarbrook Elementary School in Plainfield shows her First Prize winner in the Most Original category of the Union County Narcotic Advisory Board's Annual Drug Poster Contest.

## Bookworm & The Afrocentric Kids™

Darnell Bradley



## Mabel K. Staupers, R.N. a name you should know.

During Black History Month we salute Mabel Staupers a dedicated leader. She struggled to remove racial barriers and gain acceptance of African - American nurses in the American Nurse Association.

During the 1920s she led the fight against tuberculosis, a deadly killer. She fought for, and achieved, greater representation for African-

American nurses in the Army and Navy Nurse Corps during World War II. She was tireless in community health work, promoting health care in Philadelphia and Harlem. Mrs. Staupers was truly a trailblazer in the nursing profession.

To help ensure that others will be able to follow in Mrs. Staupers footsteps, East Orange General Hospital is investing in the future with educational financial assistance in a variety of medical fields. For more information regarding these educational opportunities, contact our Employment Recruiter at 201-266-8513.

## BLACK HISTORY MONTH... A TIME TO CELEBRATE THE PAST

Your partner for a healthier community



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# BLACK HISTORY CALENDAR OF EVENTS & BIRTHDAYS

## MONTHT OF FEBRUARY

**NEWARK**—A special display of books by African and about African-Americans in the Diaspora will be on display NJIT's Van Houten Library and book store. For more info call 201-996-3434.

**NEWARK**—Exhibit featuring the original work of James Ransome, award winning illustrator of children's books, will be at The Garden at Essex County College. For gallery info call 201-877-3053.

**ATLANTIC CITY**—Black art exhibit at The Florence Valore Miller Art Center at Garden Pier. Exhibit hours 10 a.m. to 4 p.m. For more info call 609-347-5844.

**NEWARK**—Exhibit of original art work by African American artist Dr. Marabaz. The exhibit is on display in NJIT's Hazel Center Gallery. For gallery hours call 201-996-3434.

**BLACK HISTORY MINUTES**—Three times a day for a minute, TBS will air programs throughout the month. African-Americans have taken to this country and to the world. Check your local listings for channels.

**NOW THRU MARCH 4**  
**NEWARK**—Santolo returns to the Newark upon popular request. For more info on group bookings, speaking engagements by cast members and theater screening time call Kabu Osei-Devi at 201-624-1584.

**WEDNESDAY, FEBRUARY 15**  
**NEWARK**—Drama presentation "1000 Inventions by African America" at NJIT's University Hall Theater from 2:30 p.m. to 4 p.m. For more info call 201-996-3434.

**MONTCLAIR**—The IQ Conference: Bell Curve or Curve Ball? led by Dr. Manning Marable, director of Columbia University's Institute for Research in African American Studies, at Montclair State University at 7:45 p.m. For more info call 201-655-7378.

**NEWARK**—Reception and roundtable discussion: Photographing Africa. Rang-e of Focus at 5 p.m. at the Newark Museum. For more info call

**NEWARK**—NJIT sponsors trip to Broadway to see "Jelly Roll" (U.S. departs from NJIT Parking Lot #7 at 8 p.m. For ticket info call 201-996-3608.

**BLOOMFIELD**—Bloomfield College will host a Ugandan Fair, showcasing the wares of black-owned businesses from noon to 3 p.m. For more info call 201-748-9000 ext. 300.

**THURSDAY, FEBRUARY 16**  
**JERSEY CITY**—Radio talk show host, Bob Levy, will speak on "Documenting African-American History Through Media: The SCO's Student Union Building" 12 p.m. For more info call 201-200-3428.

**NEWARK**—Parade of African-American Inventors and Their Inventions at the Paul Robeson Campus Center auditorium at 11 a.m. For more info call 201-733-5643.

**EAST ORANGE**—An evening of poetry, art and song by some of the area's finest performing artists at the East Orange Public Library from 6:30 to 8:30 p.m. For more info call 201-666-5123.

**BLOOMFIELD**—African storytelling in the Community Lounge at Bloomfield College from 6 to 7:30 p.m. For more info call 201-748-9000, ext. 300.

**OCEAN COUNTY**—Ocean County College Black Unity Organization is sponsoring a dinner theater trip. Dinner starts at 5:30 p.m. and showtime is 8 p.m. For more info call 908-225-0358.

**NEWARK**—An educational and cultural discussion "Parade of African-American Inventors and Their Inventions" will be held in the Newark Public Library's fourth floor auditorium at 11 a.m. For more info call 201-733-5643.

**WEST LONG BRANCH**—James Williams of "Return to the Source" will discuss music from the civil rights movement in the H. R. Young Auditorium at Monmouth College. For more info call 908-521-3586.

**WAYNE**—A Letter From Booker T. a video and lecture at William Paterson College, 12:30 p.m. For more info call 201-995-2518.

**NEWARK**—Live Jazz performance, featuring Joe Thomas Quartet, at 7:30 p.m. in the room of the UMDNJ Community Mental Health Center. For more info call 201-982-4557 or 5479.

**FRIDAY, FEBRUARY 17**  
**NEWARK**—Reception for NJIT Art Exhibit artist, whose work is on display in NJIT's Hazel Center Gallery at 5 p.m. For more info call 201-996-3434.

**EDISON**—Rev. Calvin O. Butts III, pastor of Harlem's Abyssinian Baptist Church, will lecture about "The Legacy of Malcolm X" at 7 p.m. at Middlesex County College. For more info call 908-206-2599.

**PLAINFIELD**—"Joy Night" at Union County College, a gospel concert featuring several local choirs and the Union of African students choir at 7 p.m. For more info call 908-412-3570.

**OCEAN COUNTY**—"The Organization of Black Unity is sponsoring a Gospel Extravaganza at Ocean County College at 8 p.m. For more info call 908-225-0483.

**legis at 7 p.m.** For more info contact Phenomena Jones at 908-255-0483 or 916-255-0483.

**SATURDAY, FEBRUARY 18**  
**NEWARK**—Marion Thompson Wright Lecture at Rutgers in the Paul Robeson Campus Center auditorium at 11 a.m. For more info call 201-646-5410.

**NEWARK**—Drop in family activities for Black History Month at the Newark Museum from 2 to 4 p.m. For more info call 201-596-5550.

**UNION**—New Jersey Ballet will be in concert at 8 p.m. in the Wilkes Theatre at Kean College. For more info call 908-527-2337.

**SUNDAY, FEBRUARY 19**  
**EAST ORANGE**—AKA African-American Heritage celebration, "Our Heritage, past, present and future" at the East Orange Public Library from 2:30 to 4:30 p.m. For more info call 201-698-8933.

**BLOOMFIELD**—"Proud Moments in African-American History" at Bloomfield College at 2 p.m. For more info call 201-748-9000 ext. 300.

**MONDAY, FEBRUARY 20**  
**WEST LONG BRANCH**—"A Celebration of Our Heritage" at Monmouth College at 2 p.m. in the Wilson Auditorium at Monmouth College. For more info call 908-571-3586.

**CAMDEN**—Dr. Benjamin Chavis, former national executive to the NAACP, will speak at Rutgers University's Camden Center at 12:15 p.m. For more info call 609-225-6151.

**TUESDAY, FEBRUARY 21**  
**NEWARK**—Dead Eyes, a theatrical presentation examining various topics, youth gangs, institutional violence, media abuse, sex, poverty etc., at the Birch Theatre at Essex County College at 7 p.m. For more info call 201-877-3053.

**BLOOMFIELD**—A woman's reggae band will perform in the Deacons' Den at Bloomfield College. For more info call 201-748-9000.

**NEWARK**—Did You Know, a tribute to African-American scientists and inventors, will be at Ocean County College at 2 p.m. For more info call 908-255-0483.

**WEDNESDAY, FEBRUARY 22**  
**NEWARK**—Bob Marley Week celebration begins at NJIT with a lecture by Dr. Pamela McCauley Bell, assistant professor at University of Central Florida, Quilmore Hall at 2:30 p.m. For more info call 201-996-3434.

**PLAINFIELD**—To Kill a Mocking Bird

will be shown at Union County College at 2:30 p.m. For more info call 908-412-3570.

**WEST LONG BRANCH**—Professor Jean Nutter of William Paterson College will lecture on African Americans and the media in the College Center at Monmouth College at 2:30 p.m. For more info call 908-571-3586.

**SCOTCH PLAINS**—Black Student Union will present a Black History presentation at the Historic Jerseyland Park Community Center at 8 p.m. 783 Jerusalem Road. For more info call 908-232-8857.

**THURSDAY, FEBRUARY 23**  
**NEWARK**—A discussion "Kente Cloth of the Assante Kings, An Important Link Between African Americans and Africa," will be presented in the Newark Public Library's fourth floor auditorium at 11 a.m. For more info call 201-733-5643.

**SCOTCH PLAINS**—"A Place For The Story of Shady Rest and America's First Golf Professional John Shippen, featuring Horace Westbrook and Carl Nettlingham, will be shown at the Historic Jerseyland Park Community Center at 7 p.m. Performing will be the Scotch Plains-Farwood High School Black Student Union and the Plainfield Performing Arts Dance Troupe. For more info call 908-561-269 6 or 908-232-5543.

**FRIDAY, FEBRUARY 24**  
**NEWARK**—NJIT will present Bob Marley Final at the Hazel Center Bessie Smith

at 8 p.m. For more info call 201-996-3434.

**CRANFORD**—Union County College will be showing Malcolm X in the Roy W. Smith Theater from 4 to 7:30 p.m. For more info call 908-708-7092.

**MONTCLAIR**—"Collecting African-American Art" panel discussion at the Montclair Art Museum at 7:30 p.m. For more info call 748-5555.

**OCEAN COUNTY**—"Dance Mosaic" program featuring Return To The Source will be at Ocean County College at 8 p.m. For more info contact Phyllis Woodard at 908-255-0493 or Lyle Jones at 908-255-0493.

**SATURDAY, FEBRUARY 25**  
**NEWARK**—Bruce Cannon of the Hoory for Children program will host a musical tour of "Marlene River Drive" at 2 p.m. in the Newark Public Library's central room.

**NEWARK**—Discussion at noon at UMDNJ on traditional African herb healing arts and traditional medicine with Dr. Thurman Hunt, a pain specialist at the

DOC Pain Management Center. To register call 201-982-2000.

**SUNDAY, FEBRUARY 26**  
**National Geographic Explorer** "Blues Highway" travels through time to tell the story of the evolution of the blues will air on TBS at 9:35 p.m. Check your local listings for channels.

**MONTCLAIR**—"I, Nat Love: The Story of Deadwood Dick," a story of a Tennessee seer who went on to become a cowboy at 1:30 p.m. at the Montclair Art Museum. For more info call 201-748-5555.

**MONDAY, FEBRUARY 27**  
**NEWARK**—NJIT will host a closing ceremony for Black History Month from 11:30 a.m. to 1 p.m. in the Hazel Center Ballroom. For more info call 201-996-3434.

**WEST LONG BRANCH**—"Rise of Black Conservatives, What Does It Mean For Civil Rights?" lecture at 7 p.m. in Monmouth College's College Center. For more info call 201-571-3586.

**WAYNE**—William Paterson College is hosting a Black Knowledge contest in the student center, Rm. 203 from 5 to 6 p.m. For more info call 201-995-2518.

**TUESDAY, FEBRUARY 28**  
**The Black West**, narrated by Danny Glover, reveals the history of black Americans during this country's westward expansion. It will air on TBS at 8:05 p.m. Check your local listing for channels.

**JERSEY CITY**—Harambee Celebration, an evening of jazz and poetry at JCSJ's Student Union Building at 6 p.m. For more info call 201-200-3426.

**OCEAN COUNTY**—African-American Inventors Exhibit will be at Ocean County College at 2 p.m. For more info call 908-255-0493.

**FAMOUS BLACK BIRTHDAYS & FIRST EVENTS**

**FEBRUARY 12, 1900**  
For a Lincoln Birthday celebration, James Weldon Johnson wrote the lyrics for Lift Every Voice and Sing with music by his brother, J. Rosamond, the song was first sung by 500 children in Jacksonville, Fla. It later became the Negro National Anthem.

**FEBRUARY 15, 1964**  
Louis Armstrong's *Hello Dolly* became the number-one record on Billboard's Top 40, replacing The Beatles' *I Want to Hold Your Hand*. It is Armstrong's first and only number one song.

**FEBRUARY 16, 1923**  
Bessie Smith makes her first recording for Columbia Records, *Come Fly With Me*. The song sold 800,000 copies and became Columbia's first popular hit.

**FEBRUARY 17**  
Jim Brown, football player-actor born in 1936.

**Mary Frances Berry**, first woman to serve as chancellor of a major university (University of Colorado in 1976), born in 1976.

**Huey P. Newton**, a co-founder and minister of defense of the Black Panther, born 1942.

**Michael Jeffery Jordan**, NBA All-Star, born in 1963.

**FEBRUARY 18, 1867**  
Augusta Institute founded in Atlanta Ga. Later named Morehouse College.

**Paul Revere Williams**, famous architect, born 1894.

**Toni Morrison**, celebrated modern novelist, born 1931.

**FEBRUARY 19, 1919**  
The first Pan African Congress, organized by W. E. B. Du Bois opens in Paris.

**William "Smookey" Robinson** singer, born in 1940.

**John Singleton** is nominated for two Academy Awards for best director and best screen play for his film, *Boyz n the Hood*. He is the first African-American director ever to be nominated for the Academy Award.

**FEBRUARY 20**  
Sidney Poitier, international movie star, born 1927. He was the first African-American in a leading role to win an Oscar.

**FEBRUARY 21**  
Barbara Jordan, first African-American state senator in Texas legislature since 1883, born 1936.

**John Lewis**, founder and chairman of Student Nonviolent Coordinating Committee (SNCC) and organizer of the Selma-to-Montgomery march in 1965, born 1940.

**FEBRUARY 23**  
William E. DuBois Founder of the NAACP and scholar was born in 1868 died in 1963.

**Horace Pippin**, WW I veteran and self-taught highly acclaimed artist, born 1888.

**Julius "Dr. J." Erving**, star basketball player, born in 1950.

**Coner J. Cottrell**, president of Pro-Life Cause, for Bishop College in a legal action, which result in the reduction of Paul Quinn College in Waco to the Bishop seat in 1990.

## PHS seeking descendants of Civil War veterans

PLAINFIELD—The Historical Society of Plainfield is trying to find any descendants of four deceased Civil War black soldiers. The men were: George Synphon, Martin Herling, Prime Carmon and Enoch Milford who are buried in Hillside Cemetery in a site reserved for Civil War veterans.

The Society would like to invite the relatives of these men to take part

in a special program scheduled for April in memory of the Civil War veterans buried in Hillside.

Individuals with information may contact Jean Matson on Harry Aalster by writing to The Historical Society of Plainfield, 602 West Front Street, Plainfield, New Jersey 07060 or by leaving a message on the phone 908-755-5831.

## BIC accepts apology

(Continued from page 1)

Americans, Caribbean Studies and Women's academic programs.

—The quality and quantity of financial aid scholarships and work study programs provided to students of color.

—The promotion of faculty members of color to tenured positions and the types of support programs provided.

## City supplies residents with recycling news

NEWARK—The City of Newark has begun a city-wide mailing campaign to residents which includes detailed recycling and sanitation collection brochures and newsletters on the city's many environmental initiatives.

Newark Mayor Sharpe James said that the brochures being mailed to each of the city's 80,000 households feature a 12-month calendar with easy to read color codes and icons indicating the collection days for recyclable paper, metal and glass, household trash and bulky refuse.

"The brochures also includes detailed information on what to set out for collection and even a hotline number to call for residents who still have questions," Mayor James said.

The mayor noted that two versions of the brochure have been created. "One brochure is being mailed to

ed to encourage such advancement. The hiring and promotion of non-institutional administrators of color.

In sum, NJ BIC is supportive of the various campus minority student organizations, and the above agenda reflects many of the concerns voiced by students and administrators alike.

residents on the east side of the city who receive sanitation and recycling collection on Mondays and Thursdays, while another is specifically for residents who live on the west side of Newark and receive collection on Tuesdays and Fridays.

In addition to the recycling brochures, the city is also mailing more than 35,000 *Newark Earth News* which describe important environmental initiatives taken by local government, individuals and businesses, as well as things citizens can do to improve the environment where they live.

If you have not received a brochure or newsletter in the mail and would like to obtain one call the Newark Office of Recycling at 733-6683 or 733-6685.

HAPPY VALENTINE'S DAY TO ALL

Muhlenberg. The Regional Medical Center For Healthier Living.

# USE YOUR HEAD

Few things in life are more tragic than an accident that could have been avoided. And one of the more serious consequences of accidents is a head injury.

## Head Injuries Can Be Prevented

Most head injuries can be prevented by taking a few simple precautions:

- Buckle your seatbelt.
- Wear a helmet when riding a bicycle or motorcycle.
- Use extra caution when walking on ice or snow. Also, beware of areas where ice may be hidden beneath the snow, as on steps or partially covered sidewalks.

## We Can Help

The Neuroscience Center for Excellence at Muhlenberg Regional Medical Center provides comprehensive services for persons with head injuries as well as other neurological disorders and injuries. These include spinal cord and spinal nerve injuries, brain tumors, head trauma, stroke, chronic or severe headaches, seizure disorders, muscle diseases,

degenerative diseases, such as Alzheimer's Disease and multiple sclerosis, and neurofibromatosis. Our services include:

- Outpatient and inpatient diagnostic testing and treatment
- Rehabilitation
- Home care
- Support groups

We also provide information concerning prevention, diagnosis and treatment for community residents and health care professionals through programs, conferences and educational materials.

## Give Us A Call

Every year, our dedicated and qualified physicians and nurses provide hundreds of people with the treatment and support they need. For more information, call (908) 688-2612.

**FREE** Read more about preventing head injuries and other related topics in "4R" For Healthier Living, Muhlenberg's new health care series.

☐ Please send me free copy today.

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Community Relations Department  
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Phone (optional) \_\_\_\_\_

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# Billboard Calendar

**FEBRUARY 1 THRU APRIL 30**  
**MORRISTOWN**—Visit the Star Trek Federation Science at the Morris Museum. For more info call 201-538-0454.

**MONDAY, FEBRUARY 15-18**  
**NEW YORK**—Zmo Bar and Restaurant will feature Peter Malinverni, piano, Todd Coolman, bass, Ralph LaLama, sax. Call 212-924-5182 for February lineup.

**THURSDAY, FEBRUARY 16**  
**NEW YORK**—Jazz on Film program, featuring the American Orchestra at The Walter Reade Theater at 7 p.m. For more info call 212-721-6900.

**SATURDAY, FEBRUARY 18**  
**SOUTH AMBOY**—Saxophonist Eric Marienthal will be at Club Bene at 9 p.m. For more info call 908-727-3000.

**NOW THRU FEBRUARY 18**  
**JERSEY CITY**—There will be an art exhibition entitled "Change Change: An Installation by Ben Jones" honoring the African Yoruba god, Shango and St. Barbara at the Jersey City Museum from 1 p.m. to 4 p.m. The reception is free and open to the public. For more info, call 201-547-4379.

**SUNDAY, FEBRUARY 19**  
**NEW YORK**—"Homegirl" presented by Voices of Grots 1995 Play Reading Series at 3 p.m. at the B. Smith's Rooftop Cafe. For more info call 212-626-0104.

**NOW THRU FEBRUARY 19**  
**NEW YORK**—"Younger Man Older Woman" starring Milla Jackson will be at the Beacon Theatre. For more info call 212-496-7070.

**WAYNE**—Jazz Room Series concert at William Paterson College at 4 p.m. For more info call 201-595-2371.

**TUESDAY, FEBRUARY 21**  
**NEWARK**—"Dead Eyes, a theatrical examination of violence in America" at 7 p.m. in the Mary Burch Theater at Essex County College.

**WEDNESDAY, FEBRUARY 22**  
**NEWARK**—Evening Coffee House, featuring the vocals of Bradford Hayes from 5 to 7 p.m. on the Second Level Forum of Essex County College.

Send Billboard Calendar events to  
 P.O. Box 1774  
 Plainfield, NJ 07061

# ARTZ WEDNESDAY

## 49th Street Jazz opens at Watchung Arts Center

**WATCHUNG**—Some jazz tunes were specifically created for Broadway shows, while others enjoyed a second life, becoming popular again with the staging of a musical. In either case, some of the most memorable music of the jazz era is associated with the Broadway stage.

*49th Street Jazz* captures the beat of classic jazz. The musical revue, incorporating the finest jazz music associated with Broadway, opens at the Watchung Arts Center on Friday evening, February 24.

This original show features selections from some of the best-loved musicals ever to hit New York. This limited engagement runs only two weekends, with evening performances Fridays and Saturdays, February 24 and 25, plus March 3 and 4. A special 2 p.m. matinee will be offered on Sunday, February 26.

Seats may be reserved for all performances by calling the Watchung Arts Center at 908-753-0190. Tickets will be held for pickup at the gate. The musical is performed in the Center's

intimate Gallery, surrounded by an art exhibit that can be viewed during intermission.

*49th Street Jazz* is an original creation by the Gallery Theatre Company, resident at the Watchung Arts Center. The professional cast includes Chinua Morgan, a promising 17 year old singer/dancer/actress from Warren, Derek Baker, a Rahway resident, who has extensive singing, dancing and acting credits, and Carrie Jackson who has been featured in the Montclair Blues and Jazz Festival, the Newark Blues & Jazz Festival and a recent production of *An 'n' Misbehavin'*.

The show is directed by Vince DiMura, veteran of half a dozen previous shows at the Arts Center, plus a long list of credits at other venues. He is a professor of music at Temple University, and serves as a consultant to the theater and dance departments



Pictured from (l-r) Chinua Morgan, Vince DiMura, and Derreck Baker at Princeton University. In addition, McCarter Theatre's outreach program, he is resident musical director for

## Celebrating black history at the Newark Museum



Newark artist, Mansa Mussa will perform with Ossie Simmonds in a performance entitled *Drum Talk* in the Newark Museum Arts Workshop

**NEWARK**—A part of its Black History celebration The Newark Museum Arts Workshop hosted performances of *Creative Spirits: Voices of the Past Speaking Today* in three special mid-day performances/lectures. The final performance will be given by Newark resident Mansa Mussa, photographer, dancer, and

graphic artist and Ossie Simmonds, musician and percussionist. The performance will be a joint musical program in retrospect of those who have exerted power over their work today. This program will be performed on Thursday, February 23, from 12:30 to 1:30 p.m. in the Billy Johnson Auditorium.

## A letter from Booker T.



**WAYNE**—Ruby Doe and Ossie Davis are shown in a scene from *A Letter from Booker T.* Author of the screenplay William Branch, will show the videotape and discuss the issues it raises during a lecture on February 18 at William Paterson College.

## The Voice of Langston Hughes

The Smithsonian/Folkways Recordings have compiled the works of famous black writers, activists and poets which are now available to the public on CD or cassettes. With the celebration of black history month now would be a good time to start listening to the works of some of those individuals who have made the history for us to celebrate. However, the celebrating should continue beyond February. The following recordings are available on CD through the Smithsonian.

*The Voice of Langston Hughes Poetry and Prose* Annotated by Dr. Faith Berry.

This recording combines poetry, Afro-American history, folklore, humor, jazz and gospel music. All ages can share Hughes' humor in his recordings. Selections feature works of the late Hughes spanning the years 1925 to 1932. Readings include poetry from *The Dream Keeper* and *Other Poems*, prose from *Simple Speaks His Mind*, *The Story of Jim Rhythms of the World* and *The Glory of Negro History*.

Also in the Folkways catalog.



*The Voice of Langston Hughes* available on Smithsonian Folkways

but available in cassette form only, are recordings by Angela Davis, W.E.B. DuBois, as well as numerous collections including *Huey Pioneers* which features Bobby Seale, Eldridge Cleaver, Huey Newton and seven others; *Let Us Forget, Vols. 1-3*; comprises speeches by Dr. Martin Luther King, Jr., Ralph Abernathy, and others.

All Smithsonian/Folkways records, as well as the entire Folkways cassette catalog, are available by mail or by calling 800-443-2314

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We're honored to help pay tribute to these African American women. Their triumph inspires us all in the face of challenging and changing times. Like them, AT&T is committed to quality and excellence for the next one hundred years.

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## Business Calendar

**WEDNESDAY, FEBRUARY 16**  
**INT'HOLLY**—Starting a Business, sponsored by the RSBGC. For info call 609-267-9660.

**MONTCLAIR**—Free Homebuyers Seminar from 6 p.m. to 8 p.m. at the Urban League of Essex County's North Essex Office. For more info call 201-746-7725.

**MONTCLAIR**—Breakfast Seminar, "Legal Pitfalls in Doing Business in Europe" at 8:30 a.m. at Montclair State University. For more info call 201-659-7523.

**NEWARK**—Government Center Development Corporation meeting, featuring Diane Johnson, state coordinator for HUD, at 8:15 a.m. at the Broad National Bank. For more info call 201-624-6237.

**NEW BRUNSWICK**—State & Federal Income Tax, preparation sponsored by NJSBF. For info call 1-800-FREE LAW.

**GARWOOD**—NJABWO Dinner Meeting. For time and more info call 908-688-0707.

**THURSDAY, FEBRUARY 16**  
**BRIDGEWATER**—What's My Business and How to Communicate It Effectively seminar sponsored by the Somerset County Chamber of Commerce. Call 908-725-1552.

**MONTCLAIR**—International Trade two-hour session at Montclair State University at 5 p.m. For more info call 201-655-4353.

**FRIDAY, FEBRUARY 17**  
**LINCROFT**—The International Business Roundtable will meet from 8 a.m. to 10 a.m. in the RVCC Veeva Theatre to share common interests in the field of international trade. For info call 908-526-1200.

**WEDNESDAY, FEBRUARY 21**  
**LOS ANGELES**—World of Opportunity: Solutions for Minority Entrepreneurs Seminar. Sponsored by the American Association of Minority Businesses, Inc. For info call 1-800-381-2262.

**NEW YORK**—New York's Minority Business Breakfast for Small/Midsize Women Entrepreneurs at 8 a.m. at Stark's Veranda Restaurant (RSVP by 2/17). For more info call 212-364-1294.

Send Business Calendar events to:  
 P.O. Box 1774  
 Plainfield, NJ 07061

## How much do you know about your income tax

How up-to-date is your tax knowledge? Tax rules change from year to year and what worked last year may not work this year. Whether you prepare your own return or have a professional do it for you, it's important to be aware of the changes.

Test your knowledge of tax law with this quiz. If you can answer all of these questions correctly, you may want to consider applying for a job with the IRS.

If your score is less than perfect, you may be paying more in taxes than necessary. These questions are fully discussed in *Guide to Income Tax 1995* Edition from Consumer Reports Books.

1. The maximum contribution an individual can make to a 401(k) plan for 1994 is: \$2,000 \$3,960 \$7,000 \$9,240
2. The maximum percentage of Social Security benefits that can be taxed is: 36% 50% 85% 100%
3. The top estate-tax rate is: 28% 39.6% 57% 70%
4. The percentage of unemployment insurance benefits that is taxable is: 0% 50% 85% 100%

5. Under current law, deductible moving expenses include:

- |   |       |       |
|---|-------|-------|
| a) The cost of packing household goods          | True  | False |
| b) Mortgage prepayment penalties                | _____ | _____ |
| c) The cost of moving furniture                 | _____ | _____ |
| d) Meals en route to a new home                 | _____ | _____ |
| e) Temporary lodging while looking for new home | _____ | _____ |

6. The following payments are deductible at interest:

- |   |       |       |
|---|-------|-------|
| f) Credit-card finance charges                          | True  | False |
| g) Mortgage interest                                    | _____ | _____ |
| h) Interest on a student loan                           | _____ | _____ |
| i) Interest on a loan used in your business             | _____ | _____ |
| j) Bank overdraft charges on your personal bank account | _____ | _____ |

7. Which of the following statements about the earned-income credit are correct?

- |   |       |       |
|---|-------|-------|
| k) Taxpayers without children can qualify                             | True  | False |
| l) A married couple can qualify only if they have at least 2 children | _____ | _____ |

m) The maximum credit for 1994 is \$2,528

n) The credit cannot be claimed on Form 1040A or Form 1040EZ

o) Taxpayers with income over \$12,500 can't qualify for the credit

8. In connection with your business, you take a customer to dinner in 1995. The cost is \$50. Provided that you keep the necessary records, you can deduct: \$10 \$25 \$40 \$50

9. A mutual fund you own has paid a capital gain distribution of \$1,000.

You choose to reinvest that money. The maximum amount of tax is:

- |       |       |
|-------|-------|
| \$0   | \$150 |
| \$280 | \$396 |

10. Your rich uncle died and left you unimproved real estate which had cost him \$25,000. At his death it was worth \$150,000. You sold it seven months later for \$155,000. Your taxable gain is:

- |           |           |
|-----------|-----------|
| \$0       | \$5,000   |
| \$130,000 | \$155,000 |

*Guide to Income Tax*, with a yellow cover and "Consumer Reports Books" in large blue type at the top, is available at bookstores for \$13.99. To order the book directly, call 1-800-500-9760 and ask for Box LW.

The answers to these questions can be found on page 10.

### Free tax preparation

**NEWARK**—The Accountants for the Public Interest, Rutgers Chapter, is again bringing its "Volunteer Income Tax Assistance" (VITA) program to The Newark Public Library to provide individuals with free help in preparing their 1994 tax returns.

The VITA Program will be held on the Second Floor Gallery of the Main Library on the following Wednesdays—February 8, 15, 22; March 1, 8, 15, 22, 29; April 5 and 12 (from 5:00 p.m. to 7:00 p.m.) and Saturdays—February 11, 18, 25; March 4, 11, 18, 25; April 1, 8 (from 9:00 a.m. to Noon).

The Main Library is located at 5 Washington Street. For more information about this free program, please call the Library at 711-733793.

## New Jersey companies to discuss import and export opportunities

**PRINCETON**—Trade delegates from around the world will be participating in the annual International Trade and Technology Forum and Exposition on Monday, March 20th, at the Princeton Marriott Hotel from 8:00 a.m. to 6:00 p.m.

The topic of the forum will be import and export opportunities with New Jersey companies.

The event is sponsored by the International Business Development Council of the Chamber of Commerce of the Princeton Area and will feature one-on-one meetings with trade representatives from Belgium, Brazil, Canada, France, Germany, India, Indonesia, Israel, Italy, Japan, Mexico, Philippines, Portugal, Spain and Switzerland.

"The primary interest of this conference is the opportunity to meet individually with representatives from each country," said Ellen Hodges, president of the Chamber of Commerce of the Princeton Area. "Environmental, information and biotechnology will be the focus of this event. We feel these three technologies are very important to New Jersey's economy and should be addressed."

According to Hodges, there will be individual seminars on each technology featuring world renowned speakers in each field.

In addition to the one-on-one meetings with the trade representatives and the technology seminars, a variety of workshops have been added to this year's program. Topics such as Going International: Why

and How, Technology Trends, Issues and Transfers, Financing International Transactions, Sourcing and Distribution, Partnering Opportunities, ISO 9000/Global Quality Standards; Logistics of Global Marketing; and Cultural Awareness will be offered to conference participants.

Companies are also invited to become exhibitors or display their product literature at the show's Catalog Center. According to Hodges, both venues are excellent sources for matchmaking opportunities in exporting.

For display and attendance cost call the Chamber of Commerce of the Princeton Area at 609-520-1776, or fax 609-520-9107 for more information.

## Mayor Cooper to present annual business report

**EAST ORANGE**—The East Orange Chamber of Commerce (EOCC) has scheduled its annual "Lunch with the Mayor" membership meeting for Thursday, February 23, at 11:45 a.m. East Orange Mayor Cardell Cooper will present his "State of the City/Report on Business 1995" to Chamber members.

The program will be held at Upsala College in the Agnes Wahlstrom Student Center, on Prospect St. Reservations are required. For luncheon cost call 201-674-0900.

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| Biscuits       | Salmon Cakes      | BBQ Pork Ribs   |
| Bagels         |                   | Short Ribs      |
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| Green Beans    | Cheesecake        | Tea             |
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| Potato Salad   |                   |                 |
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| Cornbread      |                   |                 |

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## JCHA

Jersey City Housing Authority  
 Dwigth Street Homes

## NEW HOMEOWNERSHIP OPPORTUNITIES

The Jersey City Housing Authority (JCHA) Dwigth Street Homes, 50 two-family, 3 and 4 bedroom townhouses, will be ready for occupancy in March of this year. The Dwigth Street Homes are located on Dwigth Street, Fulton Avenue and Stegman Street between Martin Luther King Drive and Ocean Avenue.

The Dwigth Street Homes are initially being rented under federal development program rules and regulations and JCHA Tenant Selection and Assignment policies. In two to three years, these Homes will be SOLD to 50 eligible occupants who have qualified for the intended Homeownership Initiative.

One of the (four) priority categories for initial renting are to families with 3, 4, or 5 persons and whose incomes are between 65%-80% of median income as follows:

|           |                   |
|-----------|-------------------|
| 3 persons | \$27,235-\$33,520 |
| 4 persons | \$30,288-\$37,278 |
| 5 persons | \$32,695-\$40,240 |

There are an insufficient number of families with these incomes on the JCHA existing waiting list from which prospective families are being selected. THE JCHA IS THEREFORE ACCEPTING NEW APPLICATIONS FOR DWIGHT STREET HOMES FOR FAMILIES WHO MEET THE LISTED SIZE AND INCOME CRITERIA.

Applications will be considered in accordance with the above family size and income criteria and in accordance with the date and time of the applications' POSTMARK. All applications must be sent to and will be certified and sequenced by an INDEPENDENT ACCOUNTING FIRM retained by JCHA.

If you are interested in applying, applications will be available on Saturday, February 18, 9 AM to 2 PM and Monday, February 20 through Wednesday, February 22, 7 AM to 6 PM at the Site Trailer located at 82 Dwigth Street and at the Section 8 Office at 514 Newark Avenue. Thereafter, applications will be available at any JCHA development.

If you have a serious physical impairment that prevents you from picking up an application, please call 201-547-8987 for assistance. If you have a hearing impairment, please call TDD 201-547-8989 for further assistance.

The JCHA does not discriminate on the basis of race, color, religion, sex, national origin, or disabilities in its programs or activities.





## Under fire

(Continued from page 4)

internship program to introduce young people to the world of radio. Elimination of federal funding will severely hinder WBGO's ability to provide these services to the community. And, commercial media is no longer programming traditional jazz on a full-time basis.

The argument that public radio serves an elitist audience is laughable. National audience research indicates that 41 percent of public radio listeners earn less than \$30,000 annually. Forty-eight percent live in households with combined incomes of under \$40,000 per year. Only 32 percent have a college degree. Among those listeners who work full or part-time, two-thirds are employed in non-professional or non-managerial positions. Ethnic minorities constitute 54 percent of WBGO's weekly audience of 380,000.

Hearings began in January on the future of federal funding to the Corporation for Public Broadcasting. Those in opposition to federal funding, mainly the new Republican leadership, argue that public broadcasting no longer provides a needed function. They erroneously main-

tain that the programming, like that on public television with its unequalled children's programming, can be found on cable television. This, of course, is not true in either case.

While commercial radio provides a very real and valuable service to the American people, it does not take as its mandate the responsibility to preserve culture and provide educational enlightenment to listeners. This is one of the roles assumed by public broadcasting. Non-commercial programming also features less violence and more positive images than any other form of broadcasting.

The argument that cable television duplicates the programming of public television is not relevant to public radio. There are no Arts and Entertainment, Bravo, and Discovery channels on radio, and there is no other radio source with the kind of news, public affairs, information and cultural programming depth that commercial radio cannot match because of its commercial goals and restraints. Public radio is a highly successful public/private partnership and a good investment. The federal investment in public radio is about 29 cents per person per year. Every dollar in

federal funding for WBGO leverages \$4.50 in other funding, which is clearly a successful public-private partnership.

Public broadcasting plays an important role in America. In order to remain strong and viable, it needs the continued financial support provided by the Corporation for Public Broadcasting. Write your elected officials today about the importance of public television and radio in your home and in our society.

And, while you're at it, mention that the NEA and NEH are also important and deserve continued federal support. Our quality of life hangs in the balance.

If you need congressional addresses, please feel free to call WBGO for that information. Support has been vigorous in these first weeks of this struggle. More grassroots action is necessary, however, if hearts and minds are to be changed.

*Cephas Bowles is the general manager of WBGO-FM (JAZZ 88.3 FM) in Newark, New Jersey. He has been employed in public radio since 1978.*

## Board for Lawrence

(Continued from page 4)

types of statements cannot be tolerated. We have not yet made a decision about his tenure," he said.

Several black faculty agreed with the board's decision to have the president say, "I am not going to join the lynching of Lawrence without due process of law," said Mary Davidson, Dean of the School of Social Work, explaining that Lawrence chose her for her position as dean and helped other minorities obtain administrative positions.

Biological Sciences Professor Emmet Dennis said, "Lawrence never projected the slightest nuance of racism."

Gloria Bonilla-Santiago from the School of Social Work in Camden also was in support of Lawrence. "I support him. The university has the largest number of minorities in middle management programs. A man can't be measured by one incident."

## Reject Vouchers

(Continued from page 1)

work.

The administration's proposal is grounded in the belief that "market forces" will insure the quality of housing. In fact, the Harvard University Joint Center on Housing has determined that at least 25 percent of low-income housing on the private market

Several community activists joined the students in their protest. Sister Kateung Minny told the students "The only reason you are still fighting is because my generation stopped. Upstairs there are more people against you than for you. Watch your back and struggle from the heart." Bey said the students were 100 percent correct and told them to continue fighting and working to the death.

Patrick Fahy, a former teacher's assistant in the R-N English Department and a member of the socialist party, was arrested for assaulting a police officer.

After the police forced the students to return to the cafeteria, the open forum began and the protesting stopped. The students spent the remaining hours watching the meeting on the TV monitors.

## National News

by Robert N. Taylor

(Continued from page 1)

picture. Set up a big goal and go for it," he said. —CHARLOTTE, NC

### New car costs up

According to African Americans on Wheels, the average costs of a new car is \$20,000 and the average term of financing is now 55 months. —WASHINGTON, DC

### Counting black judges

According to the National Bar Association, there are a total of 1,309 black judges in the U.S. California has more black judges (149) serving in federal and state courts than any other jurisdiction in the country. Texas has more judges of color (409) than any other jurisdiction. —WASHINGTON, DC

### Elected officials exceeds half million

The Census Bureau reports the total number of popularly elected officials was 511,039 in 1992. Less than 4 percent were in federal and state governments, with 96 percent in local governments. African Americans represented 2.8 percent of elected local government officials. —WASHINGTON, DC

### Kentucky state senator slept with MLK, Jr.?

In a new book, *I Shared the Dream*, the only black woman ever to serve in the Kentucky Senate reveals that she slept with Martin Luther King the night before his assassination. In addition to being with MLK at the Lorraine Hotel in Memphis on April 4, 1968, Senator Georgia Davis Powers says in her publication that she had a year-long sexual relationship with King. *I Shared the Dream* was released nationwide February 1st. —LOUISVILLE, KY

## As I see it

(Continued from page 4)

property. Makes one wonder, Dr. Verner.

Teachers in Newark are expected to ratify the new contract between Newark Teachers Union and the Board of Education. Many are unhappy with the terms of the contract "but signing is better than striking" is the prevailing sentiment.

Instead of a mass meeting for a show of strength and solidarity among union members, paper ballots will be

distributed to individual schools for voting purposes.

If the governor agrees to give line item veto power over school budgets to mayors, this will add another political dimension to politics in the schools and indirectly give mayors direct control over the highest budget item in most communities.

In the meantime, all this is happening at the time systems with elected boards of education are gearing up for the 1995 school board campaign. Now is the time politically smart mayors will flex their muscles and demonstrate their political clout.

Get well cards are in order for Dr. Judy Miller, retired head of African American Studies at Seton Hall and currently state director of the New Jersey Cities in Schools national project. Dr. Miller was struck by a stolen car driven by a 17-year-old as she was approaching her office on Washington St., Newark. She suffered a broken leg and is hospitalized at University Hospital, Newark.

## Action now

(Continued from page 4)

improbable. The only solution seems to be resignation on his part. African Americans have borne the brunt of racism for centuries, we have excelled and exceeded in spite of subsequent obstacles placed in our path. We have made countless contributions to our communities, our state and our country. Dr. Lawrence's comments cast a shadow on these achievements. His integrity has been damaged and the burning question is can his credibility be salvaged?

We call upon the Board of Governors and the Board of Trustees to immediately, and with conviction, send the message that the University does not and will not accept nor promote the "genetic inferiority" philosophy towards African Americans. The message must be that you will begin, post haste, to convene forums for equality and students which focus on cultural sensitivity; that the University will continue and expand its efforts to attract and teach the best among us, which includes the African American community. Further, it is appropriate that the University revisit through research the utility and the validity of standard life test as a measurement of learning ability or as a determinant for success in life since so much in our society points to the "cultural" biases of tests of this sort.

Repair will be slow and painstaking. It may require some hard-line positions, but the long-term results will by far outweigh the immediate pain. Ours is a legacy of struggle and survival. If this issue is not dealt with forthrightly and positively, it will sound a death knell for progress and the equal opportunity the Urban League strives for daily, an unacceptable situation to say the least. We trust that you will demonstrate your beliefs and will do the right thing on behalf of the African-American community.

## Tax quiz answers

- |            |            |             |
|------------|------------|-------------|
| 1. \$9,240 | 5. a) True | 6. f) False |
| 2. 85%     | b) False   | g) True     |
| 3. 55%     | c) True    | h) False    |
| 4. 100%    | d) True    | i) True     |
|            | e) False   | j) False    |
| 7. k) True | m) True    | 8. \$25     |
| l) False   | n) True    | 9. \$280    |
|            | o) False   | 10. \$5,000 |

The Newark Boys Chorus and School is an outstanding example of individual and team accomplishment. It shows how urban youth can use their dedication and talent to excel in both education and music.

The Chorus is acclaimed as one of Newark's finest cultural assets. It performs more than 50 concerts a year, including a tour abroad.

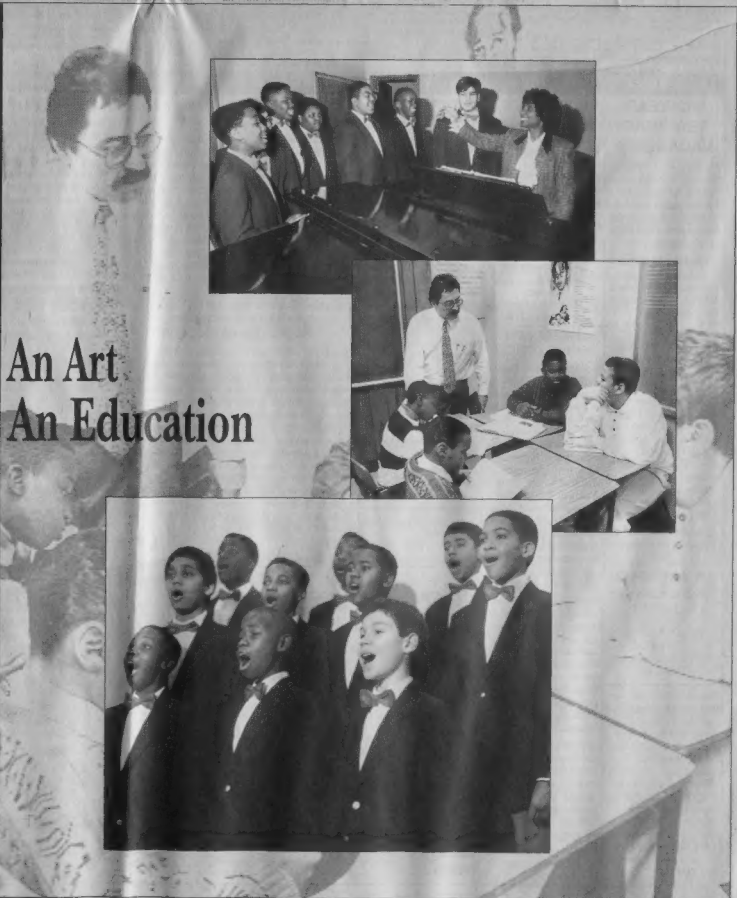
## Where Education is An Art Where Art is An Education

When not practicing, some 80 young men from diverse backgrounds attend accelerated school classes for grades four through eight. As graduates, these teenagers are well-prepared to finish high school and go on to college.

As we celebrate Black History Month, PSE&G is proud to support the Newark Boys Chorus.

To us, the power of art is indeed a precious resource.

The power is in your hands.



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# HEARTBEAT

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# HEALTH CALENDAR

## MONDAY - SATURDAY

**NEWARK**—Free confidential AIDS counseling and testing, 9-6 p.m. (Sat. 9-4 p.m.) Newark Community Health Centers. Call 201-565-0355 for appointment, or Plainfield Health Center at 908-753-6401.

## EVERY FOURTH MONDAY

**ELIZABETH**—The Elizabeth Center for Planned Parenthood of Greater Northern New Jersey is offering a low-cost cancer screening for women over 40 from 9 a.m. to 2 p.m. They provide pap test, cervical and breast exam and blood pressure check. Appointments only, call 908-351-5384

## EVERY MONDAY

**EDISON**—A free educational series for individuals and families affected by drug and alcohol abuse, "Chemical Dependency Family Education," is currently being offered from 7 p.m. to 8 p.m. at the CDAPT office. For more info call 908-634-7910.

## TUESDAYS

**NEWARK**—Beth Israel Medical Center offers a support group for persons who are HIV positive. The group meets from 1 p.m. to 2 p.m. in the medical center's Professional Building, 408 Osborne Terrace. For more info call 201-926-7846.

**SCOTCH PLAINS**—Health Prevention sessions at Union County College from 7 to 9 p.m. For more info call 908-709-7600.

**MILLBURN**—Cancer Care of NJ is sponsoring three - eight session support groups for cancer patients, friends and family members of cancer patients, and people aged 55 or older who have lost a spouse or partner to cancer at 241 Millburn Ave. For more info call 201-379-7500.

## EVERY TUESDAY AND THURSDAY

**EDISON**—There will be a fully-monitored 13-week exercise and nutrition program, designed to minimize the physical demands of pregnancy and speed up recovery following childbirth at the JFK Health and Fitness Center at JFK Medical Center. For more info call 908-632-1610.

**IRVINGTON**—Free WIC & Lead Testing from 9:15 a.m.-10:15 a.m. at the Irvington Health Dept. for pregnant and nursing women from birth to 5 yrs.-old, lead poisoning and anemic children. Blood Tests are free, walk-ins are welcomed.

**IRVINGTON**—Free Baby Clinics at the Irvington General Hospital for newborns to 5 yrs. old. YOU MUST CALL FOR AN APPOINTMENT at 201-399-6652.

## EVERY THURSDAY

**IRVINGTON**—Irvington General Hospital offers a free STD clinic at 5 p.m. If you think you or your partner may be infected call 201-399-6124 immediately for an appointment.

**MILLBURN**—Cancer Care of NJ is offering an eight-session support group for cancer survivors who are at least six months post-treatment and cancer-free at 241 Millburn Ave. For more info contact Jose Pacheco at 201-379-7500

## NOW THRU MARCH 28

**SCOTCH PLAINS**—"Yoga" will offer instruction on a series of powerful healing yoga postures offered at Union County College Tuesdays from 6:30 p.m. to 7:30 p.m. For more info call 908-709-7600.

## TUESDAY, FEBRUARY 14

**IRVINGTON**—Free Pap test and breast cancer exams for Irvington residents over 18 at Irvington General Hospital. For an appointment call 201-399-6652.

## THURSDAY, FEBRUARY 16

**WESTFIELD**—"Food Poisoning: What's My Best Defense?" lecture at the Rutgers Cooperative Extension at 1 p.m. For more info call 908-654-9854

**BELLE MEAD**—Hispanic Mental Health: Diagnostic and Treatment Issues lecture at the Carrier Foundation at noon. For more info call 908-281-1461.

**IRVINGTON**—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Municipal Building Civic Square Plaza.

## FRIDAY, FEBRUARY 17

**GREENBROOK**—"Hearty Pancake Breakfast" fund-raiser from 8 to 10:30 a.m. at Greenbrook Manor as part of National Heart Week. For more info call 908-968-5500.

**WESTFIELD**—"The History and Development of AA" seminar given by the national Council on Alcoholism and Drug Dependence of Union County from 9 a.m. to 4 p.m. For more info call 908-233-8810.

## SATURDAY, FEBRUARY 18

**JERSEY CITY**—Blue Cross Blue Shield Health Center (1 Journal Square) will hold an Open House, featuring free cholesterol and blood pressure screenings for adults and dental screenings for children 12 and younger, from 10 a.m. to 2 p.m.

## MONDAY, FEBRUARY 20

**MONTCLAIR**—Workshop at 7 p.m. for those interested in joining the Mental Health Association's community education program at the Social Service Building. For more info contact Sharon Kolker or Kate Koskie at 201-744-2500.

## SATURDAY, FEBRUARY 25

**NEWARK**—Celebrate Black History Month with UMDNJ discussion and slide show with Dr. Thurman Hunt from the pain management center discussing his work with healers of Nigeria at noon, room 7600. For more info or to register call 1-800-982-DOCS.

## SATURDAY, MARCH 4

**NEWARK**—"Orphans of AIDS—Bridging the Information Gap" a public forum on aspects of care-planning for children of parents with HIV/AIDS at New Jersey Medical School Rm. B-552185 S. Orange Ave. from 1 to 3 p.m. to RSVP by Feb. 27 call 201-483-4250.

## WEDNESDAY, MARCH 8

**NEWARK**—"Orphans of AIDS—Bridging the Information Gap" a public forum on aspects of care-planning for children of parents with HIV/AIDS at The Prudential 751 Broad St. 7th Flr. Plaza from 12:30 to 2:30 p.m. to RSVP by Feb. 27 call 201-483-4250.

## MARCH 7 THRU APRIL 11

**SCOTCH PLAINS**—Six seminars, "Celebrating Creativity with Older Adults, Able and Disabled" will be held from 6 to 9 p.m. Tuesdays For more info call 908-709-7600.

## FRIDAY, MARCH 10

**NEWARK**—Discuss Uterine fibroids and treatment options with Dr. Nanette Santoro from the Center for Fertility and Reproductive Med-

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## HEALTH BRIEFS

### New project tracks gene for super-high cholesterol

A landmark screening and registry program to help identify thousands of Americans affected with a genetic disorder that can lead to sudden, often fatal heart attacks in early adulthood, has been launched in the U.S. and 14 other countries. Called MED-PED (Make Early Diagnosis - Prevent Early Deaths), the international program attempts to locate family members and relatives who have familial hypercholesterolemia (FH), a condition that causes sky-high cholesterol levels in childhood. MED-PED uses genealogical research and physician contact to locate individuals with FH, trace their relatives and provide treatment and support to affected individuals and information to their health professionals. The program seeks to help FH patients reduce their risk for early heart attacks and strokes. This international program provides educational materials for patients and health care providers. It also includes a referral service to regional lipid clinics and a telephone service that physicians and registered FH patients can call to inquire about the program.

### New medical guidelines for lower back problems

HHS' Agency for Health Care Policy and Research released new medical guidelines for care of acute low back problems. Up to 80 percent of all Americans experience low back problems at some point in their lives. After the common cold, acute low back problems are the leading reason why people see a doctor, and they are the most frequent cause of disability for persons under age 45. Although African Americans are not the focus of the guidelines, other studies find that blacks who are heavy smokers, overweight, employed in physically demanding jobs, or lead a sedentary lifestyle have an increased risk of developing low back problems. But the good news is that nine out of 10 people with acute low back problems will get better on their own within a month, without expensive medical intervention. The guidelines can also help differentiate between what works and what doesn't work in acute low back care.

### Help available for babies with feeding disorders

Manometry, a test commonly used in adults with digestive disorders could prove effective in identifying infants with feeding problems.

"Feeding intolerance is a major problem especially among pre-term babies," said Dr. Carol Lynn Berseth, associate professor of pediatrics at Baylor College of Medicine in Houston. "As a result, babies get sicker, requiring longer hospital stays." Respiratory problems due to under developed lungs and feeding intolerance have long been the two main causes of lengthy hospital stays for premature infants. The development of artificial surfactant, a substance that prevents the buildup of excessive lung fluid, has largely controlled the former. The new treatment, Manometry, "measure of pressure," is used to test whether muscles in the intestine are contracting properly. Soon after the baby's birth, water is infused into the gastrointestinal tract through several small tubes. The water pressure tells how often the muscle is contracting, indicating if digestion can take place. —HOUSTON

# Has AIDS affected your life?

## What is AIDS?

By now if not all, the majority of us know that the letters A-I-D-S stand for Acquired Immune Deficiency Syndrome. When a person is sick with AIDS, he or she is in the final stages of a series of health problems caused by a virus that can be passed from one person to another, chiefly during sexual contact or through the sharing of intravenous drug needles and syringes used for "shooting" drugs.

## AIDS: the present situation

The number of people estimated to be infected with the AIDS virus in the United States is over one million.

All of these individuals are assumed to be capable of spreading the virus sexually (heterosexually or homosexually) or by sharing needles and syringes or other implements for intravenous drug use.

Of those infected, an estimated 100,000 to 200,000 will contract AIDS Related Complex (ARC). It is difficult to predict the number who will develop ARC or AIDS because symptoms sometimes take as long as nine years to show up. Scientists predict that 20 to 30 percent of those infected with the AIDS virus will develop an illness that fits an accepted definition of AIDS within five years.

The number of persons known to have full-blown AIDS in the United States to date is over 25,000; of these, about all have died of the disease. Since there is no cure, the others are expected to also eventually die from their disease.

The majority of infected antibody positive individuals who carry the AIDS virus show no disease symptoms and may not come down with the disease for many years, if ever.

The AIDS virus attacks a person's immune system and damages the ability to fight other diseases. Without a functioning immune system to ward off other germs, the sick now becomes vulnerable to becoming infected by bacteria, protozoa, fungi, and other viruses and malignancies, which may cause life-threatening illness, such as pneumonia, meningitis, and cancer.

There is presently no cure for AIDS, neither is there a vaccine to prevent it.

## How the virus enters the body

When the AIDS virus enters the blood stream, it begins to attack certain white blood cells (T-Lymphocytes). Substances called antibodies are produced by the body and can be detected in the blood by

a simple test, usually two weeks to three months after infection. Even before the antibody test is positive, the victim can pass the virus to others.

Once an individual is infected, there are several possibilities for health. Some people may remain well, but even so they are able to infect others. Others may develop a disease that is less serious than AIDS referred to as AIDS Related Complex (ARC).

In some people the protective immune system may be destroyed by the virus and then other germs and cancers that ordinarily would never get a foothold in the body cause opportunistic diseases—using the opportunity of lowered resistance to infect and destroy.

Some of the most common AIDS-related diseases are Pneumocystis Carinii pneumonia and tuberculosis. Individuals infected with the AIDS virus may also develop certain types of cancers such as Kaposi's sarcoma. These infected people have classic AIDS. Evidence shows that the AIDS virus may also attack the nervous system, causing brain damage.

## Signs and Symptoms

Anyone who thinks he or she is infected or

(Continued on page 6)

# United Hospitals participates in national drug treatment study

United Hospitals Medical Center has been selected as the only hospital in the State of New Jersey to participate in a major study of drug treatments for high blood pressure and high blood cholesterol in older Americans. The Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial or ALLHAT study, is an \$84 million/eight-year effort funded by the National Heart, Lung and Blood Institute (NHLBI).

"The ALLHAT study is a first in many regards in that it specifically targets African Americans, high-risk patients and the elderly population," said Thelma Stich, RN, clinical nurse specialist and project coordinator for the Hypertension Management Center.

"Because the majority of United's hypertension patients are African Americans, these and other requirements gave United an advantage over other facilities looking to be included in the study."

The ALLHAT study will test the value of several different blood pressure and cholesterol lowering medications in about 40,000 patients with hypertension nationwide. All of the patients will take part in the high blood pressure trial, and about half will also participate in the cholesterol lowering trial.

"United Hospitals Medical Center was selected as the only hospital in the State of New Jersey to participate in the study because of its large African American population it serves said Dr. Cuyjet, director of the adult Hypertension Management Center and coordinator of the ALLHAT study at United.

"The goal of the Hypertension Management Center is to make it recognized as a center of excellence in the eyes of patients and physicians and participating in the ALLHAT study will help us do that."

Since African Americans are disproportionately affected by hypertensive diseases, the study requires that at least 55 percent of its enrollees be of African American descent, making it the first major hypertension study to target African Americans.

Over the next six years, patients included in the study will be monitored in order to determine how effective four major groups of blood pressure medications; alpha-1-blockers, ace-inhibitors, diuretics and calcium-channel blockers, are in controlling hypertension, and how well these drug therapies prevent heart attack

and stroke.

Cholesterol and triglyceride levels of patients will also be studied and treated with diet therapy and lipidlowering agents. Participants' medications, diagnostic tests and all treatment related to the study will be paid for by the National Institutes of Health.

Dr. Cuyjet and Thelma Stich will be screening potential patients for ALLHAT at the Hypertension Management Center at United Hospitals Medical Center, located at 15 South Ninth Street in Newark. For more information about participating in the study, please call 201-268-8713 or 201-268-8348.

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## HB KIDS

# Talking to kids about AIDS

Acquired Immuno deficiency Syndrome (AIDS) is a serious illness and a public health crisis that demands attention. The number of people affected continues to increase. New Jersey currently ranks fifth among the 50 states in number of AIDS cases and third in number of pediatric AIDS cases. As of November 30, 1991, over 12,000 cases of AIDS had been reported in New Jersey with every county represented.

For years, many adults and young people have convinced themselves it could never happen to them, but numerous stories have created an awareness that it can happen to anyone.

Some diseases can't be prevented, but AIDS is one we can prevent. It is extremely important for parents, teachers, clergy and other adults in contact with youth to provide honest, accurate information.

One of the fastest growing populations of HIV positive and AIDS victims is the teen and young adult category. About 19 percent of New Jersey HIV cases reported in 1991 are believed to have resulted from heterosexual contact. This is now the fastest growing category of new cases in New Jersey. While people are working hard to assist our youth in abstaining from sexual activity, many are still sexually active. These young people need the facts.

Children at different maturity levels handle AIDS information differently. Talking about AIDS should be a natural outgrowth of your discussions about sex, health habits, values, and other issues. You are the best judge of what to say and how much they can understand. Some ideas and suggestions for school age children and adolescents follow.

## Ages 5 to 7

Children 5 and under have a difficult time understanding the difference between "real" and "imaginary," while children 5 to 7 are beginning to differentiate real from imaginary. They learn best from experience. When confronted with a topic they do not know about or have not experienced, they may respond by being fearful.

Children 5 to 7 have many fears, and the best way to help your child is to provide reassurance and ask him or her to talk about fears. With AIDS receiving so much attention, it's likely your child is aware of the disease and has questions. It is also possible they have picked up on societal signals or family members' discomfort and are not asking those questions. A child 5 to 7 is probably not ready for all the details, but a simple explanation is important. An example might be:

AIDS is a sickness caused by a specific kind of germ called a virus. The virus is carried in some people's blood and body fluids. You can't get AIDS from touching someone or being around a person with AIDS like you can catch a cold from a friend. You can't get AIDS from being in the same school as someone with AIDS. You can't get it from pets, flowers, mosquitoes, toilet seats, water glasses or hugs.

You may have heard that some children have AIDS. Some children got AIDS from blood transfusions, or they may have been born with it because their mothers had it. Now there are tests so donated blood with AIDS is not used and so people with AIDS

can try to avoid giving it to anyone else.

Your children may ask questions you can't answer. That's OK. AIDS is a topic with many unanswered questions even though we know much more now than we did a few years ago. Don't be afraid to say you're not sure about an answer, but explain you will try to find out.

## Ages 8 to 10

Between ages 8 and 10, children's fears change. They used to be afraid of monsters and other imaginary characters. Now they are more likely to be afraid that a real person might hurt them. At this age, they are beginning to understand cause and effect—for example, climbing in a tree might result in an injury. Most children 8 to 10 know death comes from an injury, illness or accident. Most have lost a pet or family member, and by age 10 they understand that all living things die.

While their understanding may increase, their fear doesn't necessarily decrease. They may talk about fears less openly now, so it's important for an adult to look for an opportunity to bring up topics that might be bothering them.

The media emphasis on AIDS might increase your child's fear level and provide one of those "teachable moments." Children need to be encouraged to talk about their feelings. Some fears just need to be talked about, such as a child telling you he or she had a bad dream. At this age, fears about AIDS usually fall into the first category.

There's hardly a child 8 to 10 who hasn't heard about AIDS. The media attention puts parents in an awkward situation where there's a need to discuss AIDS but a basic discussion about sex may be needed first. You can tell them that:

You cannot get the HIV virus from being in casual contact with an infected person, hugging, sitting next to an infected person, using plates or glasses of an infected person, drinking from a water fountain, being coughed on, swimming or wrestling with an infected person. Experts know this because they have checked families where there is a child who got the virus in a transfusion and none of the other family members got it.

## Ages 11 to 14

This age group varies in maturity level. You are the best judge of how much to say about sexuality and AIDS, but don't avoid the topic because you already talked about it once or gave your child a book.

Pre-teens and teens need to hear your messages often. The ironic situation is that most of these kids have very little fear. In fact, they've entered the age where they usually believe, "it will never happen to me" about any of life's troubling situations (for example, car accident, unplanned pregnancy, drug addiction).

It can be very difficult to get them to realize this invincibility is not real. With this age group you can be a little more descriptive and clear in your explanation:

You can get AIDS by being involved in high-risk behaviors such as intercourse with an infected person. The only way to significantly reduce your chance of getting AIDS is to avoid having sex. But if you do choose to do so, the safest decision is to wait until you are confident your partner is having

relations with only you, and you decide this is the person you plan to marry.

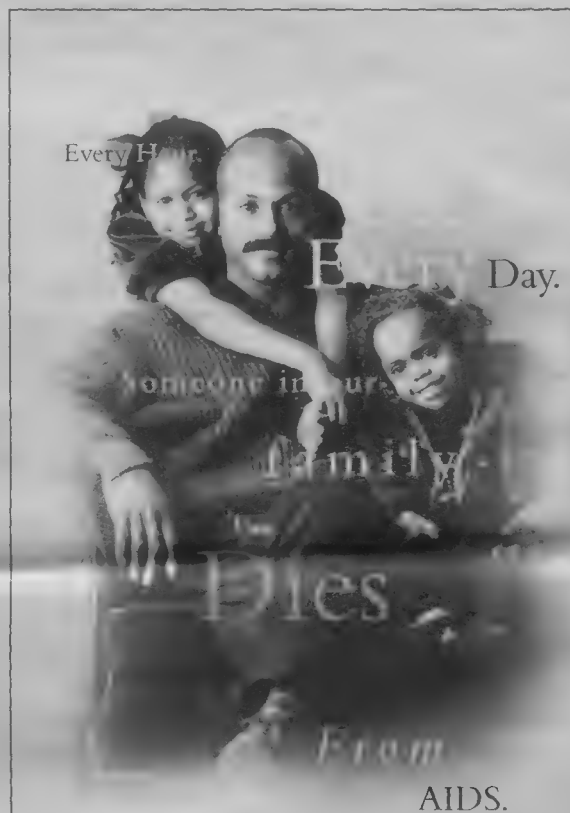
## Ages 15 to 18

Parents and concerned adults are often worried about the sexual decisions of 15- to 18-year-olds. It's important to understand that AIDS is not a "gay disease." Homosexuals and heterosexuals can both be infected.

Parents worry about AIDS and other sexually transmitted diseases as well as an unwanted pregnancy.

The 15 to 18-year-olds are under tremendous pressure to be sexually active. The pressure comes from media, peers, the individual with whom they are involved and

(Continued on page 6)



**AIDS**, a result of HIV infection, is an epidemic in our community, killing our mothers and fathers.

Our sisters and our brothers. How can we stop this disease from claiming more lives? You can begin by calling your local Red Cross chapter for information about the African American HIV/AIDS Program. A program designed by African Americans — that can teach us how to protect ourselves and our families.

THE DIFFERENCE CAN BEGIN WITH YOU

PLEASE CONTACT YOUR LOCAL RED CROSS CHAPTER.





# Manitaining a healthy heart

History repeats itself. Closer to each of us are the cycles within our own families: your grandfather's expressive eyes, your mother's toothy smile. If there is a history of heart disease in your family, then you are at a very high risk of also having heart disease.

While you can't change your family health history, you can help change the course of your future health by knowing your personal risk for cardiovascular disease, a combination of your inherited risk and your current lifestyle risk; And acting now. Even if you don't have a family history of heart disease, you can still be at risk of heart attack or stroke.

## Heart Disease

### and Stroke: The Silent Killers

It can happen in an instant: a gripping pain across the chest and shortness of breath. For others, it's a numbness on one side of the body and a loss of balance. The result: your life is never the same. Cardiovascular diseases—namely heart attack and stroke—often develop without warning and affect more than one in five Americans. Despite medical advances and a greater emphasis on healthier lifestyles, a person still dies from cardiovascular disease every 34 seconds in this country.

Heart attacks are caused by a disease of the heart's blood vessels. During a heart attack, or myocardial infarction (MI), blood supply to the heart is severely reduced or stopped. This dramatic result occurs because of a blockage in one of the coronary arteries that supplies blood to the heart muscle.

Stroke is an attack of another kind. Affecting vessels serving the brain, a stroke, or "brain attack," is a sudden interruption of blood flow to the brain usually caused by blood clots that block or inhibit blood flow. Stroke is the third leading cause of death and the primary cause of adult disability in the country.

**Uncontrollable risk factors:** are family history and race. African Americans, Puerto Ricans, Cubans and Mexican Americans are more likely to suffer high blood pressure, increasing their risk for heart disease and stroke.

Men have a greater risk than women early in life; the risk for both sexes begins to equalize when women reach menopause.

**Age:** Four out of five people who die of heart attack are age 65 and older; 72 percent of people who suffer stroke are over 65.

### Controllable risk factors

**Smoking:** A smoker's risk of heart disease is twice that of a non-smoker and is the biggest risk factor for sudden cardiac death. Smokers who have a heart attack are more likely to die and die suddenly than non-smokers. Smoking also increases the risk of stroke.

**High cholesterol:** Fifty-two percent of adults have elevated blood cholesterol values of 200 mg/dl and higher; 20 percent have levels of 240 or more.

**High Blood Pressure:** One in four Americans has high blood pressure, and blood pressure increases with age. Men have a greater risk of high blood pressure than women until age 55, when their respective risks become equal. Women over age 75 have

a greater risk than men.

**Lack of exercise:** Physical inactivity is a risk factor for coronary heart disease and stroke, especially if combined with excess weight and high cholesterol. The American Heart Association recommends 30-60 minutes of aerobic activity three-to-four times a week.

Assessment will help your physician evaluate your risk and recommend the appropriate lifestyle changes. This may include:

- Controlling your blood pressure with diet, weight loss, and medication.
  - Following a low-fat, low-cholesterol, low-sodium diet by eating fish, poultry, lean meats, low-fat or non-fat dairy products and more fruits and vegetables.
  - Limit alcohol intake to no more than two drinks a day.
  - Quit smoking
  - Lose weight if necessary, by following a low-fat diet combined with exercise. Exercise alone will not result in weight loss.
  - Be physically active by engaging in thirty minutes of aerobic exercise three-to-four times a week
- Determine you overall risk for heart disease by taking this American Heart Association's Are You at Risk? heart test.

### Are You at Risk?

In each category, circle the letter next to the statement that's most true for you.

#### Family History

If you have parents, brothers, or sisters who have had a heart attack, stroke or heart bypass

surgery at:

- a) None
- b) Don't know
- c) Age 56 or older
- d) Age 55 or younger

#### Cigarette Smoking

- a) I never smoked or stopped smoking three or more years ago
- b) I don't smoke but live/work with smokers
- c) I stopped smoking within the last three years
- d) I smoke regularly
- e) I smoke regularly and live/work with other smoker

#### Total Blood Cholesterol

What is the number from your most recent blood cholesterol measurement?

- a) Less than 160
- b) 160-199
- c) Don't know
- d) 200-239
- e) 240 or higher

#### HDL (Good) Cholesterol

What is the number from your most recent HDL cholesterol measurement?

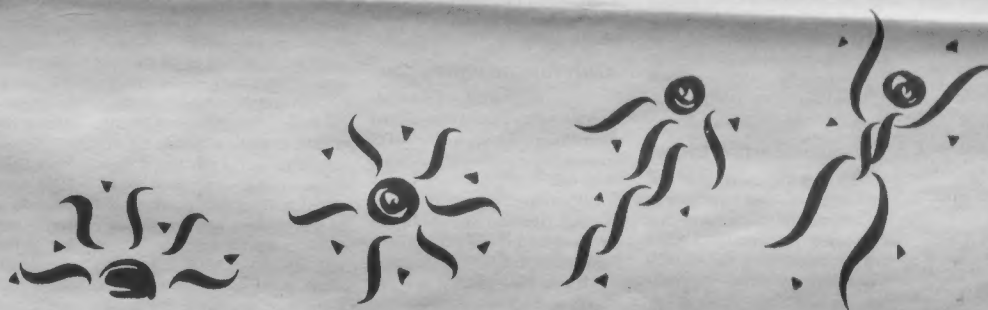
- a) Over 60
- b) 56-60
- c) Don't know
- d) 35-55
- e) Less than 35

#### Systolic Blood Pressure

Use the first (highest) number from your most recent blood pressure measurement

- a) Less than 120
- b) 120-139

(Continued on page 7)



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# AIDS

(Continued from page 3)

involved in high-risk behaviors should not donate blood, organs, tissues, or sperm because they may now contain the AIDS virus.

## ARC

AIDS-Related Complex is a condition caused by the AIDS virus in which the patient tests positive for AIDS infection and has a specific set of clinical symptoms. However, these patients' symptoms are often less severe than those with classic AIDS.

Signs and symptoms of ARC may include loss of appetite, weight loss, fever, night sweats, skin rashes, diarrhea, tiredness, lack of resistance to infection, or swollen lymph nodes. These are also signs and symptoms of many other diseases and a physician should be consulted.

Only a qualified health professional can diagnose AIDS, which is the result of a natural progress of infection by the AIDS virus. AIDS destroys the body's immune (defense) system and allows otherwise controllable infections to invade the body and cause additional diseases.

Some symptoms and signs of AIDS and the "opportunistic infections" may include a persistent cough and fever associated with shortness of breath or difficult breathing and may be the symptoms of *Pneumocystis carinii* pneumonia. Multiple purplish blotches and bumps on the skin may be a sign of Kaposi's sarcoma. The AIDS virus in all infected people is essentially the same; the reactions of individuals may differ.

## Long term effects

The AIDS virus may also attack the nervous system and cause delayed damage to the brain. This damage may take years to develop and the symptoms may show up as memory loss, indifference, loss of coordination, partial paralysis, or mental disorder. These symptoms may occur alone, or with other symptoms mentioned above.

## Casual contact no risk

There is no known risk of non-sexual infection in most of the situations we encounter in our daily lives.

We know that family members living with individuals who have the AIDS virus do not become infected except through sexual contact.

There is no evidence of transmission (spread) of AIDS virus by everyday contact even though these family members shared food, towels, cups, razors, even toothbrushes, and kissed each other.

## Behavior: the key to stopping the further spread of AIDS

Knowing the facts about AIDS can prevent the spread of the disease. Education of those who risk infecting themselves or infecting other people is the only way we can stop the spread of AIDS. People must be responsible about their sexual behavior and must avoid the use of illicit intravenous drugs and needle sharing.

If we are to stop the AIDS epidemic, we all must understand the disease—its cause, its nature, and its prevention. Precautions must be taken. The AIDS virus infects persons who expose themselves to known risk behavior, such as certain types of homosexual and heterosexual activities or sharing intravenous drug equipment.

## Risks

Although the initial discovery of the disease was in the homosexual community, AIDS is not a disease of homosexuals only. The disease is found in heterosexuals as well and it is not color blind (not a black or white disease).

## Intercourse between men

Men who have sexual relations with other men are especially at risk. When the disease was first discovered 70 percent of AIDS victims throughout the country were male homosexuals and bisexuals. This percentage probably has declined as heterosexual transmission increases.

## Multiple partners

The risk of infection increases

according to the number of sexual partners one has, male or female. The more partners you have, the greater the risk of becoming infected with the AIDS virus.

## How you can be exposed

Although the virus is found in several body fluids, a person acquires the virus during sexual contact with an infected person's blood or semen and possibly vaginal secretions. The virus then enters the blood stream.

## Prevent sexual transmission: know your partner

Couples who maintain mutually faithful monogamous relationships (only one continuing sexual partner) are protected from AIDS through sexual transmission. If you have been faithful for at least five years and your partner is faithful too, neither of you is at risk.

If your partner has not been faithful, then your partner is at risk which also puts you at risk.

This is true for both heterosexual and homosexual couples. Unless it is possible to know with absolute certainty neither you nor your partner is carrying the virus, you must use protective behavior.

Absolute certainty means not only that you and your partner have maintained a mutually faithful monogamous sexual relationship, but it means that neither you nor your partner has used illegal intravenous drugs.

## Only you can protect you

Some personal measures are adequate to safely protect yourself and others from infection by the AIDS virus and its complication. Among these are:

If you have been involved in any high risk behavior you should have a blood test to see if you have been infected.

If your test is positive or if you engage in high risk activities and choose not to have a test, you should tell your partner.

If you jointly decide to have intercourse, you must protect your partner by always using a condom from start to finish.

If your partner has positive blood test showing that he/she has been infected with the AIDS virus or you suspect that he/she has been exposed you should insist that a condom be used at all times.

If you or your partner is at high risk, avoid oral love making.

By saying **no** to sex and drugs, teenagers can avoid AIDS which can kill them! The same is true for teenage boys who also increase their risk of infection by having intercourse with other males.

Do not have sex with prostitutes. Infected male and female prostitutes are frequently also intravenous drug abusers; therefore, they may infect clients by sexual intercourse and other intravenous drug abusers by sharing their intravenous drug equipment. Female prostitutes also can infect their unborn babies.

## Intavenous drug users

Drug abusers who inject drugs into their veins are another population group at high risk and with high rates of infection by the AIDS virus.

Users of intravenous drugs make up a large percent of the cases of AIDS throughout the country. The AIDS virus is carried in contaminated blood left in the needle, syringe, or other drug related implements and the virus is injected into the new victim by reusing dirty syringes and needles.

Even the smallest amount of infected blood left in a used needle or syringe can contain live AIDS virus to be passed on to the next user of those dirty implements.

No one should shoot up drugs because addiction, poor health, family disruption, emotional disturbances and death will follow. However, many drug users are addicted to drugs and for one reason or another have not changed their behavior. For these people, the only way not to get AIDS is to use a clean, previously unused needle, syringe or any other implement necessary for the injection of the drug solution.

## Hemophilia

Some persons with hemophilia (a blood clotting disorder that makes them subject to bleeding) have been infected with the AIDS virus either through blood transfusion or the use of blood products that help their blood clot. Now that we know how to prepare safe blood products to aid clotting, this is unlikely to happen. This group represents a very small percentage of the cases of AIDS throughout the country.

## Blood transfusion

Currently all blood donors are initially screened and blood is not accepted from high risk individuals. Blood that has been collected for use is tested for the presence of antibodies to the AIDS virus.

However, some people may have had a blood transfusion prior to March

1985 before it was known how to screen blood for safe transfusion and may have become infected with the AIDS virus. Fortunately, there is not a large number of these cases. With routine testing of blood products, the blood supply for transfusion is now safer than it has ever been with regard to AIDS.

Persons who have engaged in homosexual activities or have shot street drugs within the last 10 years should never donate blood.

## Mother does infect baby

If a woman is infected with the AIDS virus and becomes pregnant, she is more likely to develop ARC or classic AIDS, and she can pass the AIDS virus to her unborn child. Approximately one third of the babies born to AIDS-infected mothers will also be infected with the AIDS virus. Most of the infected babies will eventually develop the disease and die.

Several of these babies have been born to wives of hemophiliacs men infected with the AIDS virus by way of contaminated blood products. Some babies have also been born to women who became infected with the AIDS virus by bisexual partners who had the virus.

Almost all babies with AIDS have been born to women who were intravenous drug users or the sexual partners of intravenous drug users who were infected with the AIDS virus.

Think carefully if you plan on becoming pregnant. If there is any chance that you may be in any high risk group or that you have had intercourse with someone in a high risk see your doctor.

Because antibodies do not form immediately after exposure to the virus, a newly infected person may unknowingly donate blood after becoming infected but before his/her antibody test becomes positive. It is estimated that this might occur less than once in 100,000 donations.

There is no danger of AIDS virus infection from visiting a doctor, dentist, hospital, hairdresser or beautician. AIDS cannot be transmitted non-sexually from an infected person through a health or service provider to another person.

Ordinary methods of disinfection for urine, stool and vomitus which are used for non-infected people are adequate for people who have AIDS or are carrying the AIDS virus. You may have wondered why your dentist wears gloves and perhaps a mask when treating you. This does not mean that he has AIDS or that he thinks you do. He is protecting you and himself from hepatitis, common colds or flu.

There is no danger in visiting a patient with AIDS or caring for him or her. Normal hygienic practices, like wiping of body fluid spills with a solution of water and household

(Continued on page 7)

# Talking to kids about AIDS

(Continued from page 4)

maybe even their own hormones or curiosity. One of the best prevention tools is your open and honest communication. In addition to the information appropriate for 11 to 14-year-olds, these comments may be helpful to older teens:

I prefer that you don't have sex before marriage since you would be safest if you didn't have sex until you found the person you plan to marry and you are confident of his or her past. I want you to enjoy sex in a loving relationship, and I don't

want you to take chances that can expose you to the HIV virus or an unwanted pregnancy.

When you care about someone, you may feel a lot of pressure to do what he or she wants you to do. But think about it—if someone really cares, would they want you to risk your future? Or, are they only interested in meeting their own needs? It's hard to say no—but it's harder to deal with pregnancy or disease. Young people are the fastest-growing population of sexual-

ly transmitted disease (STD) victims today.

It is your responsibility to abstain from sex or ask the sensitive but important questions about past sex and drug experiences. If you know someone well enough to have sex, you should be able to talk about AIDS.

If someone is unwilling to talk, that shows a lack of trust or honesty and is another reason you should not have sex. Love and sex are not the same thing.

## PULSE



William Vazquez

William L. Vazquez, FACHE, was elected to the Board of the American Heart Association, New Jersey Affiliate, at the AHA's recent Annual Meeting. Vazquez is vice president and chief executive officer at UMDNJ/University Hospital in Newark. Vazquez, a Wyncote, Pa., resident, was co-chairman of the Affiliate Heart and Soul Gala held by the AHA in early

October. Mr. Vazquez is also a past board member of numerous Delaware Valley community organizations and past chair of multiple health-care related associations. "It is an honor to serve on the American Heart Association's board. I look forward to bringing a sense of vision and direction to the organization as we battle heart disease among all people."



Rasheed Smalls of Newark pushes Mark Prowe Jr. of Fanwood while playing at the new Innovative Learning Center at Newark Beth Israel Medical Center. The center is designed to accommodate up to 30 children between the ages of 2 months and 5 years. The center features a wide range of daycare enrichment programs and benefits for parents.

Thomas S. Smith, Jr., of Neptune was has been appointed to the Board of Governors at the Jersey Shore Medical Center. Smith, the youngest attorney in the state to be appointed as First Assistant Public Defender, has spent 18 years with the Public Defender's Office and is a practicing attorney with the NJ Supreme Court, the U.S. District Court of NJ, the U.S. Supreme Court, and the U.S. Court of Appeals.



Thomas S. Smith

## AIDS (Continued from page 6)

bleach (1 part household bleach to 10 parts water), will provide full protection.

### Children in School

None of the identified cases of AIDS in the United States are known or are suspected to have been transmitted from one child to another in school, day care, or foster care settings. Transmission would necessitate exposure of open cuts to the blood or other body fluids of the infected child, a highly unlikely occurrence.

Even then routine safety procedures for handling blood or other body fluids (which should be standard for all children in the school or day care setting) would be effective in preventing transmission from children with AIDS to other children in school.

Children with AIDS are highly susceptible to infections, such as chickenpox, from other children. Each child with AIDS should be examined by a doctor before attending school or before returning to school, day care or foster care settings after an illness.

No blanket rules can be made for all school boards to cover all possible cases of children with AIDS and each case should be considered separately and individualized to the child and the setting, as would be done with any child with a special problem, such as cerebral palsy or asthma.

A good team to make such decisions with the school board would be the child's parents, physician and a public health official.

Casual social contact between children and persons infected with the AIDS virus is not dangerous.

In ten years we know more about AIDS than many diseases that we have studied for even longer periods. While there is no vaccine or cure, the results from the health and behavioral research community can only add to our knowledge and increase our understanding of the disease and ways to prevent and treat it.

In spite of all that is known

about transmission of the AIDS virus, scientists will learn more. One possibility is the potential discovery of factors that may better explain the mechanism of AIDS infection.

Why are the antibodies produced by the body to fight the AIDS virus not able to destroy the virus? The antibodies detected in the blood of carriers of the AIDS virus are ineffective, at least when classic AIDS is actually triggered. They cannot check the damage caused by the virus, which is by then present in large numbers in the body. Researchers cannot explain this important observation. We still do not know why the AIDS virus is not destroyed by man's immune system.

AIDS no longer is the concern of any one segment of society; it is the concern of us all. No American's life is in danger if he/she or their sexual partners do not engage in high risk sexual behavior or use shared needles or syringes to inject illicit drugs into the body.

We cannot yet know the full impact of AIDS on our society from a clinical point of view, there may be new manifestations of AIDS for example, mental disturbances due to the infection of the brain by the AIDS virus in carriers of the virus. From a social point of view, it may bring to an end the free wheeling sexual lifestyle which has been called the sexual revolution. Economically, the care of AIDS patients will put a tremendous strain on our already overburdened and costly health care delivery system.

The most certain way to avoid getting the AIDS virus and to control the AIDS epidemic is for individuals to avoid promiscuous sexual practices, to maintain mutually faithful monogamous sexual relationships and to avoid injecting illicit drugs.

Information provided by the Surgeon General and the Center for Disease Control

## Maintaining a healthy heart

(Continued from page 5)

- e) Don't know  
d) 140-159  
e) 160 or higher

### Body Weight

- a) I am within 10 pounds of my desirable weight  
b) I am 10-20 pounds above my desirable weight  
c) I am 21-30 pounds above my desirable weight  
d) I am 31-50 pounds above my desirable weight  
e) I am more than 50 pounds above my desirable weight

### Physical Activity

Choose which best describes your usual level of physical activity by using the following guide after reading each section:

#### Rating Your Activity Level:

- a) If your physical activity is more like Section a  
b) If your physical activity is between section a & b  
c) If your physical activity is more like Section b  
d) If your physical activity is between section b & c  
e) If your physical activity is more like Section c

A—Highly Active: My job requires very hard physical labor (such as digging or loading heavy objects) at least four hours a day; Or I do vigorous activities (jogging, cycling, swimming, etc.) - at least three times per week for 30-60 minutes or more; Or I do at least one hour of moderate activity such as brisk walking at

least four days a week.

B—Moderately Active: My job requires that I walk, lift, carry or do other moderately hard work for several hours per day (day care worker, stock clerk or busboy/waitress); Or I spend much of my leisure time doing moderate activities (dancing, gardening, walking or housework).

C—Inactive: My job requires

that I sit at a desk most of the day AND much of my leisure time is spent in sedentary activities (watching TV reading, etc.) and I seldom work up a sweat and I cannot walk fast without having to stop to catch my breath.

Information provided by the American Heart Association

### SCORING

Transfer answers to these questions to the grid below to determine your overall risk. If your answers are mostly a's and b's, your risk is low; mostly c's or some of each, moderate; mostly d's and e's, high.

Your answers provide a snapshot of your overall risk profile and should alert you to areas that need improvement. Use this information as a basis of discussion with your doctor to keep yourself healthy!

|                         | LOW | MODERATE | HIGH |
|-------------------------|-----|----------|------|
| Family History          | a b | c        | d e  |
| Cigarette/Tobacco smoke | a b | c        | d e  |
| Total Blood Cholesterol | a b | c        | d e  |
| HDL Cholesterol         | a b | c        | d e  |
| Systolic Blood Pressure | a b | c        | d e  |
| Physical Activity       | a b | c        | d e  |
| Body Weight             | a b | c        | d e  |

Based on the American Heart Association's "Heart Owner's Profile"

### CPR saves lives: call for free Brochure

Television shows such as *ER* and *Chicago-Hope* dramatically portray victims of cardiac arrest who are saved by someone trained in Cardio Pulmonary Resuscitation (CPR). Everyday thousands of lives are saved by doctors, paramedics and people who are trained in CPR, one of the most valuable skills a person can learn. A free brochure titled, *CPR - The*

*Technique That Saves Lives* is now available from Sanus Health Plans of Greater New York & New Jersey. The brochure includes information on why CPR is important and proper training techniques. Call or write to: Sanus Health Plans of Greater NY & NJ, 75-20 Astoria Blvd., Jackson Heights, NY 11371, 1-800-338-8113 or 718-899-3600.



# The cost of a mammogram shouldn't cost you your life.

Too many women are putting off having a mammogram because of the price.

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has also been accredited by the American College of Radiology which means our equipment and staff meet the highest quality and safety standards.

| Average Price | Our Price |
|---------------|-----------|
| \$120         | \$60      |



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But, more importantly, a mammogram is the earliest way to detect breast cancer, even as tiny as a pinhead. Cancer, which at that stage, has the highest cure rate.

Before age 40, it is wise to have a baseline mammogram. After that, every 1-2 years based on your physician's recommendation until age 50. Over 50 a mammogram should be done yearly.

| Age     | Recommended      |
|---------|------------------|
| Age 40  | Baseline         |
| 40-49   | Every other year |
| Over 50 | Every year       |

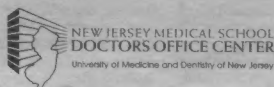
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